



Getting Out of the Valleys of Discouragement

Doug Addison [Episode 221]

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Hey friends, Doug Addison here. Welcome to *Spirit Connection*. It is February 23rd, 2022. I've got a prophetic word that's going to get you out of the valley of discouragement and under a powerful, powerful downpouring of encouragement of the Lord.

I'm excited for what's going on. This is a theme I've been working through this month with my prophetic word for February, which is [*Sweet and Deep Revelation*](#). I tell you it's pouring for me, but you've got to shift ... shift into it. It's going to be a little bit different. I touched on—, last week, on the fact that many people are being brought out of valleys of discouragement, and I want to go deeper into this and release the peace. I want to release revelation. I actually originally got some of this in 2021, I heard the Lord say, “Hey, it's time to bring it back out, because that's for now as well.” The Lord is bringing people out of the valleys and into refreshment. Get ready to get a drink from the Lord.

Father, we thank You for Your goodness. We thank You that the outpouring of the Holy Spirit is here. There's a powerful, powerful outpouring, and there's a time right now that You're bringing us out of the valleys of discouragement. We ask now that You would flow even virtually. You're outside of time. And boy, You are just as relevant today as forever. So, we just ask You flow now in Jesus' name. Amen.

Well, breakthrough is happening right now. Jeremiah 31:13, “I will turn your mourning into gladness; and I will give them comfort instead of sorrow.” A lot of people are walking through a rough time. The Lord said that you have everything you need to succeed, but you'll need to step up and, in some cases, step out of your situation and some of your situations can't be changed. But the Lord can cause you to get a different view of it.

I've been walking through some horrendous warfare. And thanks to your prayers and many people, I've been able to operate well in the midst of it. But now, I'm stepping out of it because the enemy has been trying to war against you from entering into the time we are now entering. And the Lord is releasing a fresh drink of the Holy Spirit. And we just need to be prepared for change in this spiritual atmosphere.

The heavens are opening up, but it is a little bit different. You just trust it ... that God has not forgotten you. You know, to offset the attacks of Satan right now, the Lord is releasing visitations. At whatever level that is for you ... doesn't mean that Jesus shows up. You know, you don't have to see an angel to have a visitation of the Lord, but He might visit you in encouragement and dreams, visions. He's actually releasing intimacy and a connection with the love of the Father and the Father's heart.

Refreshment is here. I love Psalm 84:5 and 7 in *The Passion Translation* (this is one of the valleys), “How enriched are they who find their strength in the Lord; within their hearts are highways of holiness! And they grow stronger and stronger with every step forward, and the God of all gods will appear before them in Zion.” The Lord, I tell you, Whoo-woo. This is Psalm 84 in *The Passion Translation* ... talks about this. But also, hey, it's not just the valley, it talks about releasing this refreshment into a deeper level of intimacy. So, the word of the Lord is for you. Keep taking steps forward. Do not look back. Don't stop. Don't slow down. And you're going to move out of the wilderness and into an important time right now. It's important to take steps, even though you don't do it. No—, Even though you might not **feel** it, see it, whatever—the Lord has you covered right now.

So, here's the three valleys. The Lord told me to touch on this and that people are still walking through this. Maybe you haven't. Maybe you can help someone else out, but it's the Valley of Tears, the Valley of the Shadow of Death and the Valley of Dry Bones (Ezekiel 37). So, some people are in all three. They could be walking simultaneously.

Ok, I want to talk about the Valley of Tears. Now, this is really, really a place that many of us—, I tell you. I felt like I lived in the Valley of Tears for a period of time. Psalm 84:6, *The Passion Translation*, “Even when our paths wind through the dark valley of tears, they dig deep to find pleasant pools where others find pain.” There's a key there. You can sit in the valley. You need to be able to dig deep in the Lord right now. He'll give you the brook a blessing filled with a rain of an outpouring. If you've been walking through this, Psalm 84:6, *The Passion Translation*, especially, because it—, you can use any, but there's some more powerful promises in there. Maybe you've been weeping before the Lord. Maybe it seems like your prayers are going before a bronze Heaven— unanswered. I tell you, it could be because you've been stuck in the Valley of Tears.

The Lord is bringing you out into a season that you're about to receive what is promised in Psalm 84, “... a brook of blessing filled with the rain of an outpouring.” It's OK if you've been crying. I've done my share of tears, but now it's time to turn your mourning into joy.

The second valley, the Valley of the Shadow of Death. Psalm 23:4, “Yea, though I walk through the valley of the shadow of death, I will fear no evil; for the Lord is with me; Your rod and Your staff, they comfort me.” The Valley of the Shadow of Death is a dark season of loneliness. It might be associated with fear, depression. It's a wilderness time. It's the dark night of the soul, dark night of the spirit, whatever you want to call it. But it doesn't have to necessarily involve physical death. But there could be a spiritual dying away. It could be the Lord, you know, moving you through this season that He's causing you to die to things. It could be the enemy is messing with you, doesn't matter. You are now being released to have authority now to overcome this. So, watch for the Lord to

reveal the source of where you are right now. I've been walking through this. Maybe this —, I believe this podcast has an anointing on it because I tell you, I walked through all three of these valleys at the same time and I have now come out of them. There is freedom.

There's also the most popular valley in the Bible, the Valley of the Dry Bones—Ezekiel 37. I'm going to read verses one and five to give you the context, but then I'm going to release something over you. You know, verse one, “The hand of the Lord came upon me and he brought me out within the Spirit of the Lord, and he set me down in the midst of a valley; that was full of bones ... Thus says the Lord to these bones: ‘Surely I will cause breath to enter into you, and you shall live.’”

Many people have been in the valley of Ezekiel 37, the Valley of Dry Bones. A symptom of this is a condition of feeling scattered, you know, maybe lifeless, hopeless, depressed, whatever you want to call it—different levels of it. But I tell you right now, the Lord is breathing upon you, and there are millions of people in this place right now. But the Lord is calling you out and I declare as someone who's come out of this valley. I just say, “Lord, breathe the breath of the Holy Spirit. Breathe that breath of life ...” (It's the life of creation that was breathed into Adam. It was life. It was the breath of the Lord.) “... Breathe it upon every situation.” Some people are in the valley. You know, you could be in these valleys with your job, maybe your relationship ... doesn't have to be your whole life spiritual life, could be something.

So, Lord, we pray right now for Your love to break through these three valleys. People who might be in different ones. The Valley of Tears, the Valley of the Shadow of Death and the Valley of the Dry Bones—we call you out now, wherever you might be, simultaneous, I mean—, it doesn't matter. We call you out now and into this time of refreshment.

Now the Lord, He wants to tell you—, He's gonna—, His love for you is outpouring right now. In Luke 1:17—, and here's what's happening this month, for right now. Get ready! The end of this month has been about revelation and the sweet revelation, and the Lord showed me these are previous things that I had released. All these are bits and pieces from previous words. He said, “Bring 'em back out. I'm going to breathe on 'em.” And Lord said, “I'm going to release the love of the Father that's going to break through for you.” And in Luke 1:17 (it's called the spirit of Elijah, but it goes deeper than this), “He will go before the Lord, in the spirit and the power of Elijah, and turn the hearts of the parents to the children and the disobedient to wisdom, to righteousness—and he will make ready a people prepared for the Lord.” The spirit of Elijah. Don't worry about that part, but it showed up before Jesus because it was John the Baptist. He carried the spirit of Elijah.

Elijah was one of the highest-level prophets. It's a spirit of prophecy. It's a spirit that causes things to come into order. It causes things to come into order. You know, we're talking—, He talks about turning the hearts of the children to the father, but He's also going to do that with you as a child of God. He's going to shift some stuff over you and cause you to come into a perfect alignment with the Father. He's going to also—. You're going to see this over pour into children and grandchildren as well but put your own oxygen mask on first as I always say.

And God is going to do something. He's going beyond the parents. He's going to release the Father's heart of healing and spiritual alignment that's going to prepare you for what's coming in March and April. It's so important! It's going to align you right now. Get ready for these greater encounters of intimacy, the greater understanding of the Lord's love for you. And this is going to bring you into a much-needed healing of the heart, and it will spill over into the relationships around you. He's going to turn your mourning ... your mourning is coming to an end. Ezekiel 2:9–10. “Then I looked, and I saw the hand of the Lord stretched out before me. And in it was a scroll, and he unrolled

it before me. And on both sides were written words of lament, mourning and woe.” You'll be walking through this time. But He's bringing an end to this difficult season.

Your mourning and sorrow and loss is coming to an end. We're in transition. Be patient now, but you're coming out of the valleys. You're coming out of the dry, barren times similar to Ezekiel 37—the Valley of the Dry Bones. We're coming out of that, and many people, including myself, have walked out of these valleys, I tell you. You will get there. But the great news is that the Lord is now moving to set you free. He's now moving to set you free, starting at the end of February, where we are right now and God's outside of time, but He's moving something right now.

February was a major turning point. It was an alignment in the spiritual realm. But there's power that's coming now in March. But again, remember God's outside of time. And we're virtual. You can watch us later and you can pick up on the anointing. He's going to release the sweet revelation. This is the word I got for the month of February—Ezekiel 3:3, “And then he said to me, ‘Son of man, eat this scroll that I'm giving you and fill your stomach with it.’ And so I ate it, and it tasted as sweet as honey in my mouth.”

Now, this is not like the scroll in the book of Revelation that was sweet on the lips, but bitter in the stomach. This is sweet revelation. It's going to start a brand-new season in which God is going to reveal the things from the past. He's going to start releasing fresh revelation, wisdom, understanding ... like this revelation here. You know, this particular episode, I am re-releasing bits and pieces of previous revelation being brought at the right time and in align. So, that might be one way that God is going to speak to you.

So, get ready to write down what you're hearing. Expect the release of new ideas, songs, writings, strategies that—no limits—doesn't have to be new. It could be renewed.

The Lord is now bringing you to a higher revelation, deeper understanding into your situation. And yeah, it will, I tell you, it'll require you to just step up and step out. Step up,

get out of the grave clothes. Just step up and out, put your own oxygen mask on first. That's what I got to say. And the Lord revealed this to me ... You know what? I've been soaking in the "Revelation Song." It's a powerful, powerful song called the "Revelation Song." Originally, it's written by Phillips, Craig and Dean. And there's a lot of versions out there, but I tell you the ... one of my favorites I just discovered recently, it's out on YouTube. It's Jenn Johnson, Bethel Music, and it's [her version of it](#), a live version. And there's a strong release. She actually births it out about, you know, you start going through it and she's starting to birth. You could see her birthing the revelation out. She's got a powerful anointing for this, but I've been soaking. I recommend you try it—soaking in it too.

So Lord, we pray, bring us out of the valleys, bring us out of the wilderness, bring us out of the valleys and the dark nights. We ask now for the release of the sweet revelation; we ask that where others find pain that we would now find a brook of blessing in Jesus' name. Amen.

So DougAddison.com is my website. Consider giving to us, becoming a partner. We're actually an online church. Most people don't know it, but we have—. We've been going for (InLight Connection) ... we've been going for 20 years. It's our 20-year anniversary. DougAddison.com/Give.

Also consider becoming a Partner to join us and we have a monthly meeting where we prophesy, a private community. We have a partner coach. We pray and get very involved with people. You just have to give in any amount you want each month and you become a Partner. We invite you into the live Zoom meetings where myself, I prophesy or release things.

Also, one of my favorite messages. Boy, my original message when I moved here to L.A. back in 2003, '04, '05 (right in that area) was—, we have it now. We're re-releasing it in the [Prophetic Lifestyle Training Kit](#), and it will help you to be able to share God's

love in natural ways. It's regularly \$150, but we have it on sale for \$39! (Come on, get outta here.) [chuckles] DougAddison.com/PropheticLifestyle.

All right. God bless you!

See you next week.

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