

Even through the valley

Psalm 23:1-6

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does the shepherd do for the sheep, and why does the psalmist fear no evil in the darkest valley?

2. What does it show me about people — and about myself?

What valley are you walking through right now, and which shadow in it scares you most?

3. What will I obey this week? (a concrete step, with a day)

How will you remind yourself each day this week that the Shepherd is walking through that valley with you?

4. Who will I tell?

Who is in a dark valley right now that you could read this psalm with?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Shepherd, even in the darkest valley you are with me. When fear presses in, let your presence feel closer than the shadow.

NEXT STUDY My refuge and my fortress

comission.cc/en/study/overcoming-fear/04/



This study online