



Part
3

Walking through the Valley

This week Pastor Ken continued his series called *Keeping Your Song in Testing Times*. We are looking together at Psalm 23 and how to keep your calm and your song in the middle of all the pressures of life. So gather with your family or go through these points alone each week and let's grow together.

The LORD is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness For His name's sake. Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows. Surely goodness and lovingkindness will follow me all the days of my life, And I will dwell in the house of the LORD forever.

Psalm 23

1. Valleys are inevitable (read John 16:33) but what helps us get thru them is to realize that we are just passing thru this world, it is not our home. When you become a follower of Christ, He puts His Spirit on the inside of you. That means even though the valley is inevitable it is not unbeatable. Because He is an overcomer, if we keep moving forward we can be an overcomer as we go thru the valley (read 2 Corinthians 4:8-16).
2. You never come out of a valley the same way. Either you come out closer to God or further away or you can come out better or bitter. It's up to you to make the most of it. Make up your mind today to learn, grow, allow God to build character in you, and to come out better not bitter. He is sufficient for you (read 2 Corinthians 12:9).
3. Acknowledging in that moment that God is with you and He is for you will help you get thru the valley that you find yourself in (read Isaiah 43:2).
4. If you stare at the shadow it will feed the fear in your heart but if you stare at the light (God) you can walk in calm and confidence thru the valley (read Psalm 27:1). Is there something in your life that is causing you to be fearful right now. If so, bring it to God and give it to Him.
5. If you haven't excepted Christ as your Shepherd, you do that now by inviting Him into your life.

Close in prayer