



Through the Valley - August 2021

“Yea, though I walk through the valley of the shadow of death.” One of the most difficult parts of our human existence is that we all will “walk through the valley of the shadow of death” and it’s a dark and painful place to be. We may first experience this valley when we walk alongside a loved one as they pass from this world into Heaven. We may mourn the loss of a miscarriage, infertility, the darkness that disease brings into a life, and of course we all have to face our own mortality as an eventuality. Verse 4 of Psalm 23 points us to a great hope that we have when we walk through the valley of the shadow of death to reach our final destination which is revealed in verse 6.

Read Psalm 23, Philippians 1:21, John 8:12, Mark 13:27

Why is it significant that the David describes the valley as being the shadow of death and not death itself? What’s the difference?

Why do you think he uses the phrase- “Though I walk THROUGH the valley” instead of walking “TO the valley”? What does this mean for your life and for your difficult seasons?

How can we walk through the “valley of the shadow of death” without fear?

Why do you think it matters to understand that “valleys” or hard times are a part of our journey with the Lord?

What do you think happens when people don’t understand this?

