

## Psalm 23

God's Solution to an Overwhelming Life

*Lesson Five*

### God's Solution to Dark Valleys

Yea, though I walk through the valley of the shadow of death, I will fear no evil;  
for You are with me; Your rod and Your staff, they comfort me.  
Psalm 23:4

“The Valley of the Shadow of Death”

In Hebrew means “the valley of DEEP DARKNESS”

God's Solution to Dark Valleys:

### 1. What To REMEMBER In Dark Valleys...

- Dark valleys are INEVITABLE. *John 16:33*
- Dark valleys are UNPREDICTABLE. *Jeremiah 4:20*
- Dark valleys are IMPARTIAL. *Matthew 5:45*
- Dark valleys are TEMPORARY. *1Peter 1:6*
- Dark valleys are PURPOSEFUL. *1Peter 1:7*

### 2. What To DO In Dark Valleys...

- Refuse to walk in FEAR as you pass through the valley.  
*Yea, though I walk through the valley of the shadow of death, I will fear no evil.  
Psalm 23:4*
- Remember that the LORD is with you every step in the valley.  
*Yea, though I walk through the valley of the shadow of death...for You are with me.  
Psalm 23:4*
- Rely on the Lord's PROTECTION and DIRECTION in the valley.  
*Yea, though I walk through the valley of the shadow of death...  
Your rod and Your staff, they comfort me. Psalm 23:4*
  - 1) The shepherd's ROD was a symbol of his power and was used to protect the sheep.
  - 2) The shepherd's STAFF was a symbol of his compassion and was used to direct the sheep.

“Yea, though I walk through the valley of the SHADOW of death”

*Fact #1* Shadows are always BIGGER than reality.

*Fact #2* Shadows can't HURT you.

*Fact #3* There is no shadow without LIGHT.

**Everyone Goes through the Same Dark Valleys in Life!  
So What's the Difference for Christ-followers?**

The difference is not the ABSENCE of the valleys but the PRESENCE of the Lord  
as your Shepherd!