

February 5, 2017
Psalm 23

TRANSFORMATION IN THE DARK VALLEYS OF LIFE

I. INTRODUCTION:

"Even 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

Examples of Life's Valleys:

The Valley of Calamity -- Josh. 7:26
The Valley of Weeping -- Ps. 84:6
The Valley of Trouble -- Hosea 2:15
The Valley of Deep Darkness -- Ps. 23:4

II. WHAT TO REMEMBER IN DARK VALLEYS

1. VALLEYS ARE _____

"In this world you will have trouble." John 16:33 (NIV)

2. VALLEYS ARE _____

"Disaster follows disaster... In an instant my tents are destroyed, my shelter falls in a moment." Jer. 4:20 (LB)

3. VALLEYS ARE _____

"(It) rains on the just and the unjust too." Mt. 5:45 (LB)

4. VALLEYS ARE _____

"... at the present you may be temporarily harassed by all kinds of trials. This is no accident - - it happens to prove your faith ..." I Peter 1:6b-7 (Ph)

III. WHAT TO DO IN DARK VALLEYS

1. REFUSE _____

"I WILL FEAR NO EVIL" "God will strengthen you with his own great power so that you will not give up when troubles come, but you will be patient." Col 1:11 (NCV) 2.

2. REMEMBER _____

"FOR YOU ARE WITH ME" "When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up -- the flames will not consume you." Is. 43:2 (LB)

3. RELY ON _____

"YOUR ROD AND STAFF COMFORT ME" "The good man does not escape all troubles -- he has them too. But the Lord helps him in each and every one." Ps. 34:19 (LB)

IV. CONCLUSION AND APPLICATION: (See Points To Ponder)

POINTS TO PONDER **Transformation In The Dark Valley's Of Life** **Psalm 23**

Open It

1. What sometimes threatens your peace of mind or sense of security?
2. What do people usually take for granted?

3. *When do you most want peace and quiet?

Explore It

4. How did David describe the Lord? (23:1)

5. What is God like? (23:1)

6. What mental picture did David use to describe his role in relationship with the Lord? (23:1-3)

7. *What comforted David? (23:1)

8. How does the Lord provide for His people? (23:1-3)

9. How did God help David? (23:1-3)

10. What motivates God to guide His people? (23:3)

11. What gave David the confidence to face death? (23:4)

12. How was David comforted in difficult times? (23:4)

13. What were David's fears? (23:4-5)

14. *How far does the guidance and protection of the Lord extend for His people? (23:4-5)

15. How does God provide for His children, even in the face of death? (23:4-5)

16. How does God honor those He loves? (23:5-6)

17. *What did the Lord give to David? (23:5-6)

18. How did David feel about his future? (23:6)

Get It

19. How has the Lord guided you through difficult times?
20. What do you think David meant when he said that his cup overflowed?
21. David spoke of a shepherd and sheep—how would you picture your relationship with the Lord?
22. In what ways does God "restore our souls"?
23. What are some of your fears?
24. *How can you follow David's example in dealing with your fears?
25. How has God provided for your needs in the past?
26. How have you experienced God's comfort?
27. In what way has God made your "cup overflow"?
28. What good things in life do you find it easy to take for granted?
29. How can we thank the Lord for the many blessings He has given us?
30. *How does this passage encourage you to face the future?
31. How has this psalm changed your perspective of the challenges you are facing?

Apply It

32. *What can you do to celebrate God's goodness and provision?