Message Notes | Psalm 23

Part 3: Through The Valley

Psalm 23:4

#1 When your <u>peace</u> is based on your circumstances, <u>suffering</u> can rob you of it.

→ hills and valleys – **vs. 4**

→ not "if" but "even though I walk through… – **vs. 4**

#2 Valleys of suffering are <u>unavoidable</u>.

→ "In this world you will have trouble." – **John 16:33**

→ suffering can cause doubt of God's plans and his character

→ the promise in the middle of the psalm – **vs. 4**

#3 We <u>enjoy</u> God on the mountaintops, but we get to <u>know</u> God in the valleys.

→ our Good Shepherd entered into our suffering

→ nothing can harm us – **Romans 8:35, 37-39**

#4 Peace is not tied to present <u>circumstances,</u> but the eternal <u>promises</u> of God in the midst of your circumstances.

Group Questions | Psalm 23

Part 3: Through The Valley

Psalm 23:4

1. Have you ever been through a challenging experience that brought you closer to someone? What made the relationship stronger?

2. Compare what David says in **Psalm 23:1-3** to what he says in **verse 4**. What changes in the way David speaks about God and life compared to the earlier verses of the psalm? Why might that change be significant?

3. When you face suffering, what is your natural response? Seek control, demand an explanation, withdraw, get angry, throw your hands up in despair, or turn to God?

4. Sometimes we think of we could just fix our circumstances, we could finally have peace. Share from your own experience how that is a fragile way to live.

5. "We enjoy God on the mountaintops, but we get to know God in the valleys." Have you experienced a season of suffering that deepened your appreciation of God's character and promises? What did you learn?

6. How does Jesus' own suffering, death and resurrection assure us that God loves us, even when our circumstances seem to suggest otherwise?

7. In the valleys of suffering, God promises that he is with us. Share one way how that promise can give you peace in the valleys you face this week.