



# Shadow Valley

## The Valleys – Excursion One

### Psalm 23

## Take Home Tour Guide

Feb. 8, 2026

Psalm 23 is a profound declaration of faith that portrays God as a shepherd, guiding and caring for His people. The sermon "Shadow Valley" delves into the theme of walking through difficult times while trusting in God's presence and provision.

Lets review some key points and insights from the passage itself. Grab a Bible, open it up and find Psalm 23. Reread it before you begin. Now ponder the point and jot some thoughts in your journal based on questions that follow

#### 1. The Lord as Our Shepherd

Main Point: God provides guidance, care, and protection.

#### Journal Prompt:

- Reflect on a time when you felt guided by God.
- What circumstances led you to recognize His guidance?
- How did it impact your faith?

#### 2. Restoration and Renewal

Main Point: God restores our souls and gives us peace.

#### Journal Prompt:

- What does "restoration" look like in your life?
- Identify areas where you need renewal.
- How can you invite God into those spaces?

#### 3. Walking Through the Valley

Main Point: Even in dark times, God is present with us.

#### Journal Prompt:

- Write about a "shadow valley" experience in your life.
- How did you experience God's presence during that time?
- What comforted you most?

#### 4. Fear and Trust

Main Point: Fear can be overwhelming, but trust in God dispels it.

#### Journal Prompt:

- What fears are currently holding you back?
  - How can you actively choose to trust God in those situations?
- List practical steps you can take.

#### 5. God's Goodness and Mercy

Main Point: God's goodness follows us, ensuring we are never alone.

#### Journal Prompt:

- Reflect on instances of God's goodness in your life.
- How can you cultivate an attitude of gratitude?

List three specific things you are thankful for today.

### Deeper Questions for Deeper Reflection

1. How do you perceive God in your daily life?  
Reflect on how your understanding of God as a shepherd influences your trust in Him.

2. What challenges do you face in recognizing God's presence during difficult times?  
Identify any barriers that prevent you from feeling God's companionship.

3. How can you be a source of comfort to others in their "shadow valleys"?  
Think of practical ways to offer support and encouragement to those around you. This is essential because for people who take seriously what it means to "grind" we must love God and love others. This is where faith moves into real action as we bless others.

4. What role does prayer play in your experience of fear and trust?  
Explore how you can enhance your prayer life to deepen your connection with God.

## Truth to Life

Daily Affirmation: Write a personal affirmation based on Psalm 23 that you can recite each morning.

For example, "The Lord is my Shepherd; I lack nothing."

Action Step: Choose one area of your life where you feel you need God's guidance. Set aside time each week to pray and seek His direction in that area.

Family of God Engagement: Share your reflections with a friend. Discuss how you can support each other in trusting God during challenging times. Promise to pray for them as they face whatever is happening in their world

Psalm 23 reminds us of the unwavering love and guidance of God, especially in our darkest moments. Use this study guide to deepen your understanding and application of these truths in your life.

Embrace the journey through "shadow valleys" with the assurance that you are never alone.

