



Psalm 23 |  
08.13.23

### **START TALKING | (Find a conversation starter for your group)**

Describe a valley in your life. When did the valley occur? What were the circumstances?  
How did you feel at that time?

### **START EXPLORING | (Read the Bible)**

Read Psalm 23.

- Who is the author inspired by the Holy Spirit?
- What was David's job before he became King of Israel?
- Besides David's battle with Goliath, can you name some other moments in David's life when he walked through the "valley of the shadow of death"?

### **START SHARING | (Choose a question to create openness)**

- Are you currently in a valley?
- Either for your current valley, or a future valley, how can your prayer become more of "God, get me through" vs. "God, GET ME OUT!"?
- What do you believe God wants to teach you as you walk through the valley?
- How do you think God wants you to prepare for future valleys?

### **Start Praying. (Be bold and pray with power)**

*"Father, You are our ultimate source of peace. Please help us to see You for who You are, to fix our eyes on You, to declare that You are our God, and to sing praises to You. Thank You for being with us in the midst of our valleys. We are not alone. In Jesus' name, amen."*

### **Start Doing. (Commit to a step, and live it out this week)**

- Purchase the revised edition of "My Utmost for His Highest" by Oswald Chambers as a gift to yourself or someone else.
- Memorize or teach your children/grandchildren Psalm 23.
- Listen to "More Than Able" this week by Elevation Worship.