

## Psalm 23 (NKJV) A Psalm of David

<sup>1</sup> The Lord is my shepherd;  
I shall not want.

<sup>2</sup> He makes me to lie down in green pastures;  
He leads me beside the still waters.

<sup>3</sup> He restores my soul;  
He leads me in the paths of righteousness  
For His name's sake.

<sup>4</sup> 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.

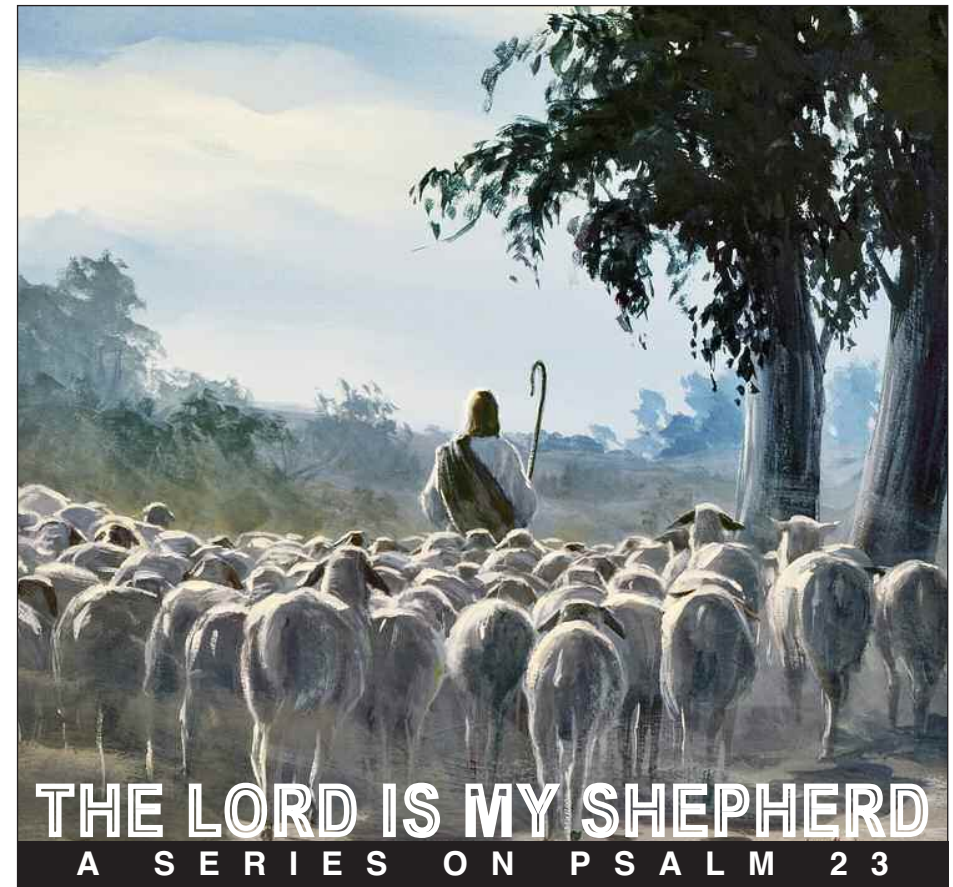
<sup>5</sup> You prepare a table before me in the presence of my enemies;  
You anoint my head with oil;  
My cup runs over.

<sup>6</sup> Surely goodness and mercy shall follow me  
All the days of my life;  
And I will dwell in the house of the Lord  
Forever.

## Augustine

354-420AD

“Thou hast created us for thyself,  
and our hearts are restless till  
they rest in thee.”



1. The Lord is My Shepherd

Verse 1

2. The Lord is my peace

Verse 2

3. The Lord is my strength

Verse 3

**4. The Lord is my protection**

**Verse 4**

5. The Lord is my blessing

Verse 5

6. The Lord is my life

Verse 6

## The Lord is my Protection - Psalm 23:4

Verse 4 is the centre of Psalm 23, and the way David talks has changed:

### GOING THROUGH THE VALLEY

Psalm 23 The Lord is:

My shepherd:

He restores my soul:

He leads me:

The emphasis of verse 4 is on \_\_\_\_\_

When we go through the darkest valleys our tendency is often to...

A basic truth: If there is a shadow...

John 8:12 I am the light of the world. Whoever follows me will not \_\_\_\_\_  
\_\_\_\_\_, but will have the light of life.

When you're going through the darkest valleys, don't focus on the \_\_\_\_\_  
keep your eyes on the \_\_\_\_\_.

### YOU ARE WITH ME

The valley of the shadow of death:

A sheeps primary defense is...

The shepherds rod:

The shepherds staff:

"I will fear no evil" is a statement of \_\_\_\_\_, that is based on...

Isaiah 41:10

Matthew 25:20

1. Read Psalm 23. Notice how, when David gets to verse 4, he changes to personal pronouns, "I and you". Why do you think this is?

2. Have you ever found yourself in a dark valley in life? What was it like?

3. If there is a shadow, there has to be a light. Read John 8:12. Our tendency, when we are going through the darkest of valley's of life, is often to focus on the shadows. But God wants us to keep our eyes on the light. How can we do this? How important is it for us to have a solid personal relationship with the Good Shepherd in order to keep our eyes on Jesus in the midst of the valley?

Psalm 23:1-3 is the basis for this personal relationship. Explain the progression of the Psalm to this point.

4. Sheep don't really have anything to defend themselves with when predators come. A sheep's primary defense is the shepherd. Review how the shepherds rod and staff bring 'comfort' to the sheep. How does this relate to us?

5. What are you afraid of? Has fear ever been a controlling factor in your life? Read Isaiah 41:10 and Matthew 25:20. Does knowing that you are not alone help? How can you develop your relationship with God, so that you do not fear?

6. "I will fear no evil" is a statement of faith by David. What is that statement based on?