



Now, Who will be able to help us?
Psalm 23
October 19, 2025

1. The _____

2. The _____

3. The _____ and the

Personal Reflection

1. What “valley” are you walking through right now — a place of fear, loss, or uncertainty — where you need to remember that God is with you?
2. How does it change your perspective to know that God’s comfort is not the absence of trouble, but His presence in the middle of it?

NEXT WEEK: PSALM 23:5

Questions for the Community

Group Discussion

3. The “valley of the shadow of death” in Israel was a real, dark and narrow passage. What does this teach us about the Christian life and our expectations of following Jesus?
4. Why do you think David shifts from “He” to “You” in this verse? What does that tell us about how valleys affect our relationship with God?
5. The rod symbolizes protection and discipline, while the staff symbolizes guidance and rescue. How have you experienced both sides of God’s care — His strength and His tenderness?
6. How does understanding God as both a protector and rescuer build your confidence to face life’s challenges?
7. What are some practical ways you can remind yourself (or someone else) of God’s presence and protection when fear tries to take over?
8. The verse says, “I will fear no evil.” What helps you choose faith over fear when walking through your own valleys?

Big Picture Flow (Psalm 23:1-4):

1. Read Psalm 23:1–4 together, and ask: How have you seen God leading you through this journey so far — from running back to Him (v.1), to finding rest (v.2), to being restored (v.3), to walking in confidence (v.4)?