



FOREFRONT SMALL GROUP STUDY

This Week: Psalm 23 — The Darkest Valley
(Psalm 23:4)

This week, we're reflecting on Psalm 23:4, a reminder that even in life's darkest valleys—seasons of fear, anxiety, or despair—we are never alone.

"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

God's presence doesn't remove our struggles but anchors us in hope. His rod and staff represent protection and guidance—He walks with us through pain, offering comfort and direction. Faith isn't about pretending to be okay; it's about inviting God into our valleys and seeking healing through both spiritual and practical support like prayer, community, and rest.

So here's the question:

Where are you walking through a dark valley right now, and how can you invite God's presence and the support of others into that space?

Here is a good way to walk this out in your daily life over the next week:

Are there things in your life that you need? Do you need restoration; or are you walking through a situation that seems dark and scary? Psalm 23 takes us through God's promises to be with us and look after everything we need. It is in Him that we can find true rest, peace, and love.

[7-day Bible reading/devotional plan](#)

GROUP STUDY:

1. Read Psalm 23:4 together. What word or phrase stands out to you most? How have you personally experienced a "dark valley" season?
2. David says, "I will fear no evil, for you are with me." What does it mean to truly believe that God is with you in pain or struggle? How can that belief change the way you walk through difficult times?
3. The "rod and staff" represent both protection and guidance. What does that look like practically in your own faith? How has God guided or corrected you through dark moments?
4. Faith and mental health often overlap. How can we hold space for both—trusting God and seeking help through therapy, medication, community, or rest?
5. Think about a time when you felt far from God. What helped you sense His presence again? How can your small group or church family be part of that process for others?
6. Read Isaiah 41:10 and Philippians 4:6–7. How do these verses reinforce the promise of God's peace and presence in hard times?
7. What does comfort from God look like for you right now? What small step can you take this week toward inviting Him—and others—into your valley?

Have questions about this study or about Forefront Church? You can contact info@forefront.org and our team will help you.