

From the Valley to the Table

Scripture

*"You prepare a table before me."
Psalm 23:5*

Reflection

Psalm 23 moves from the valley to the table. David has just described darkness, danger, and fear. Now he describes a feast.

The valley did not mean God had abandoned him. The table proves that God had been caring for him all along.

Our lives also move through changing seasons. Some days feel like valleys. Others feel like banquets. Yet God remains faithful in both.

His care is not measured by whether life is easy at a particular moment. The same Shepherd who walks with us through the valley is the Host who welcomes us to the table.

Illustration

A long journey may include rough roads, steep climbs, and exhausting stretches. Yet a traveler can look back and realize that every mile was still moving toward the destination.

The valley is part of the journey, not evidence that the journey has failed.

Application

Look back over a difficult season in your life.

Identify one way God provided, strengthened, or guided you during that time. Thank Him for being faithful both in the valley and at the table.

Prayer

Good Shepherd, thank You for remaining faithful through every season. Help me trust You when life feels like a valley and thank You when I experience the table. Keep me aware that Your care never stops. Amen.