

# Even though I walk through the valley of the shadow of death.

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## **In the valley**

Read Psalm 22.

Have you ever felt fear, defeat or abandonment like David? How did you cope?

Have someone in your group read verses 1-2 again, and then someone else to read verses 3-5. What is David's focus, despite his sense of abandonment?

How do you see David's character develop through the Psalm?

How have you grown through your times "in the valley"?

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## **The rod of assurance**

Read Proverbs 23:12-14

Have you ever felt God's discipline?

Solomon describes the rod as a tool of discipline, that also saves the son from Sheol (the final death - the darkest death in Hebrew). Has your experience of God's discipline saved you from the final death?

Together give thanks for God's discipline, even when it hurts.

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## **The staff of comfort**

Read Psalm 8:31-39

How can you be assured that Jesus is with you, even in the dark valleys? (V32)

Have you ever thought of yourself as a "conqueror"?

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## **Application**

Paul says that with Jesus, we are "more than conquerors". How can that prepare you for the next time you are "in the valley"?