# Mountains and Valleys Psalm 23

<sup>1</sup>The Lord is my shepherd;
I have what I need.

<sup>2</sup>He lets me lie down in green pastures;
he leads me beside quiet waters.

<sup>3</sup>He renews my life;
he leads me along the right paths
for his name's sake.

<sup>4</sup>Even when I go through the darkest valley,
I fear no danger,
for you are with me;
your rod and your staff—they comfort me.

"David compared Yahweh to a shepherd, as he reviewed His blessings on his life and by calling Yahweh his Shepherd, David was acknowledging that He was David's king as well as his caregiver."

"The name 'Yahweh' captures the essential being of God. He is who He is (Exod. 3:14). This name occurs more often than any other in the psalms. Essentially it means that God is the eternally self-existent Person who becomes all that His people need. As Yahweh, God is always an adequate resource for whatever His people need, whenever they have needs. That is because the name 'Yahweh' describes God in covenant relationship with His people."

#### - Dr. Thomas Constable

"We begin to realize that the bedrock of our contentment isn't the goodness of our day, but the goodness of our God."

- Mary Farrar

### <sup>1</sup>The Lord is my shepherd; I have what I need.

<sup>2</sup> He lets me lie down in green pastures; he leads me beside quiet waters.

<sup>3</sup> He renews my life; he leads me along the right paths for his name's sake.

<sup>4</sup> Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff—they comfort me.

## <sup>1</sup>The Lord is **MY** shepherd; I have what I need.

<sup>2</sup> He lets me lie down in green pastures; he leads me beside quiet waters.

<sup>3</sup> He renews my life; he leads me along the right paths for his name's sake.

<sup>4</sup> Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff—they comfort me.

Confidence in God – Unwavering Trust & Undistracted Eyes

## <sup>1</sup>The Lord is my shepherd; I have what I need. <sup>2</sup> He lets me lie down in green pastures; he leads me beside quiet waters.

<sup>3</sup> He renews my life; he leads me along the right paths for his name's sake. <sup>4</sup> Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff—they comfort me.

<sup>1</sup> The Lord is my shepherd;
I have what I need.
<sup>2</sup> He lets me lie down in green pastures;
he leads me beside quiet waters.

<sup>3</sup> He renews my life; he leads me along the right paths for his name's sake.

<sup>4</sup> Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff—they comfort me.

Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand.

Isaiah 41:10

<sup>1</sup> The Lord is my shepherd;
I have what I need.
<sup>2</sup> He lets me lie down in green pastures;
he leads me beside quiet waters.

<sup>3</sup> He renews my life; he leads me along the right paths for his name's sake.

<sup>4</sup> Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff—they comfort me.

<sup>1</sup>The Lord is my shepherd; I have what I need. <sup>2</sup> He lets me lie down in green pastures; he leads me beside quiet waters. <sup>3</sup> He renews my life; he leads me along the right paths for his name's sake.

<sup>4</sup> Even when I go through the darkest valley,
I fear no danger,
for you are with me;
your rod and your staff—they comfort me.

<sup>1</sup>The Lord is my shepherd;
I have what I need.

<sup>2</sup> He lets me lie down in green pastures;
he leads me beside quiet waters.

<sup>3</sup> He renews my life;
he leads me along the right paths
for his name's sake.

<sup>4</sup> Even when I go through the darkest valley,
I fear no danger,
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 overflows.

<sup>6</sup> Only goodness and faithful love will pursue me all the days of my life, and I will dwell in the house of the Lord as long as I live.

<sup>1</sup>The Lord is my shepherd;
I have what I need.

<sup>2</sup> He lets me lie down in green pastures;
he leads me beside quiet waters.

<sup>3</sup> He renews my life;
he leads me along the right paths
for his name's sake.

<sup>4</sup> Even when I go through the darkest valley,
I fear no danger,
for you are with me;
your rod and your staff—they comfort me.

## God's Care, Learning Contentment & Trust, God as My Shepherd

The scratchiness that comes with our struggles teach us more than comforts ever will, building our character and preparing us for a greater purpose.

