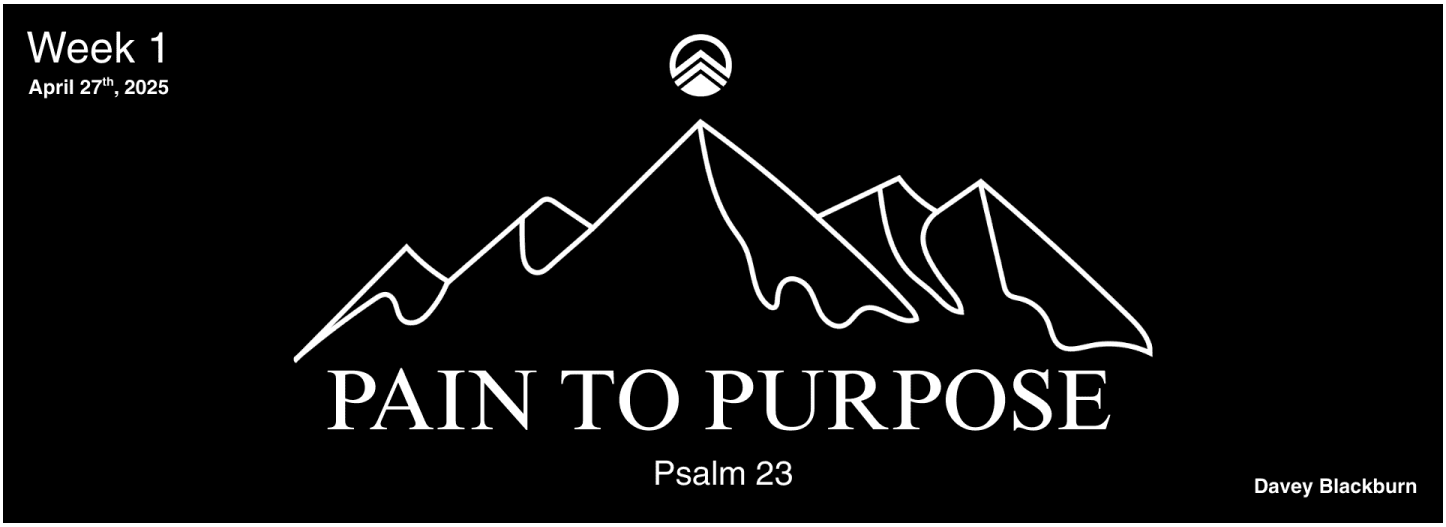

Psalm 23 - Week 1

Sermon Notes

Psalm 23:4 4Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalm 23:1-3 1The Lord is my shepherd; I shall not want. 2He makes me lie down in green pastures. He leads me beside still waters. 3He restores my soul. He leads me in paths of righteousness for his name's sake.

Psalm 23:4 4Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalm 23:3-4 3He restores my soul. He leads me in paths of righteousness for his name's sake. 4Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

1. He's Making You **Dangerous**

Psalm 23:5a 5You prepare a table before me in the presence of my enemies;

2. He's **Increasing** Your **Capacity**

Psalm 23:5b you anoint my head with oil; my cup overflows.

3. He's **Mixing** the **Ingredients**

Romans 8:28 28And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Psalm 23:6 6Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

Talk It Over: What does it mean to you that God prepares a table for you in the presence of your enemies? How does that challenge your understanding of God's protection and provision?

Can you think of a time when you felt like you were in “the valley of the shadow of death”? How did you experience God’s presence in that season—or how do you wish you had?

Romans 8:28 says God works all things for good. What “ingredients” in your life do you think God might be mixing right now for a greater purpose?

Put It In Action: Name one “valley” you're currently walking through, and write a prayer each day this week inviting God to walk with you through it. Ask for His comfort, guidance, and peace.

Identify one area where you feel your capacity is being stretched (emotionally, spiritually, relationally). Instead of resisting, lean into it this week—ask God to increase your ability, not just your relief.

Make a list of “ingredients” from your past—both good and bad—and thank God for how He’s used or is using them for your good.

Bonus: Share one of them with a friend to encourage them!