

# BELPRES CHURCH

## In the Valley

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<sup>1</sup> The Lord is my shepherd, I shall not want.

<sup>2</sup> He makes me lie down in green pastures;  
he leads me beside still waters;

<sup>3</sup> he restores my soul.

He leads me in right paths for his name's sake.

<sup>4</sup> Even though I walk through the darkest valley,  
I fear no evil 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> Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the Lord  
my whole life long.

Psalm 23

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**Discussion Questions:** Please read Psalm 23

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1. The pronoun changes from third person to second person in verse 4. Why?
2. Why would a rod (used to beat off predators or discipline wayward sheep) and staff (a long staff with a hook at the end to pull sheep closer) be comforting? Where have you experienced a rod and staff in a way that was comforting (though perhaps not comfortable)?
3. Read this psalm in the negative ("The Lord is not my shepherd..."). What verse is most disturbing to you or why?
4. What dark valleys have you walked through and did God meet you there?