



**Satisfied – A Series from the 23rd Psalm
The Equalizer**

We don't get to bypass the valleys of life. We must walk through them. BUT, in the midst of the darkness, the Good Shepherd is present, walking alongside us and bringing hope. He will never abandon his sheep.

Scripture:

Even when I walk
 through the darkest valley,
I will not be afraid,
 for you are close beside me.
Your rod and your staff
 protect and comfort me.
Psalm 23:4

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”
John 16:33

Ice Breaker and Intro Question:

1. If you think of your life in terms of mountains and valleys, where would you say you are right now?
2. What resonated with you from Sunday's service? (Sermon, scripture, song, etc.)

Discussion Questions

3. Read Psalm 23:4 quietly by yourself and take a moment to reflect on it. What about this scripture comforts you? Does anything about this passage surprise you?
4. Read John 16:33 together as a group. What does this teach us about life with Jesus?
5. The Bible makes it clear that we will walk through valleys and trouble in this world. Have you had a season like this in your life? What did you experience? Did you see God in the middle of it? (It's okay to be honest. As you listen to one another, try to allow people to share honestly without offering easy answers.)
6. Jeremiah shared, "Dark nights of the soul drive us to whatever we think will save us. Suffering is never enjoyable, but it shows us when we are following false shepherds." Do you agree? How have you observed this in your own life?
7. How can we lean into our good shepherd even in the darkest valleys?

Additional Resources:

- Take some time to reflect – maybe in a journal or maybe with a friend.
 - Name some of the valleys you've already walked through. Where was God? How did you sense him with you or experience his protection or comfort?
 - What are some valleys that could be ahead in your life? What do you want to say to God about them?
- Download the series resource at www.wschurch.org/satisfied to find more reflection questions, suggestions for spiritual practices during the week, and sermon notes for this teaching series!

Notes: