

# *peace* UNDER PRESSURE



## READ **PSALM 23**

1. List out the methods God used to bring peace to David in this Psalm.
2. How has God grown your faith through these same methods?
3. God uses both rest (v. 1-2) and correction (v. 4) to grow us. When is rest refreshing? When is correction comforting?
4. Which do you have a harder time receiving and why?

Reading verse four could invoke a variety of emotions. You might feel inspired by David's faith, desiring to respond similarly in your life. Or you could be reading this and feel frustrated by David, wondering if he's being fake and unrealistic.

When we're in the middle of the valley, the negative captures our focus and blinds us to the work that God is doing. As humans we want to fix situations, take control or run from them instead of living through them. When we do this, we miss the growth opportunities and become blind to the fact that God is walking alongside of us in the valley.

1. What does your relationship with God look like in a dark valley?
2. How does God use dark valleys to grow our relationship with him?
3. Are you moved more by the valley or the shepherd?

### *Hitting it Home*

[Click to read more](#) about the purpose of the shepherd's rod and staff.

- Rod—protection, authority
- Staff—correction, guidance

A large part of discipleship is submission to God's authority and protection (the rod) and obedience to his correction and guidance (the staff).

With this in mind, are you allowing God to disciple you?