Psalm 23 Part 2 October 2026

Psalm 23:3 He restores my soul; He guides me in the paths of righteousness for His name's sake

"He restores my soul" The main point is that **God restores us, refreshes us, and brings us back when we are weary, discouraged, broken, or wandering.**

We connect this with:

- Psalm 51:10–12 — God restores and renews.
- Isaiah 40:29–31 — God gives strength to the weary.
- Psalm 19:7 — God's Word restores the soul.
- John 10:11 — Jesus is the Good Shepherd.
- Luke 15:3–7 — the Shepherd seeks the wandering sheep.

"The Shepherd doesn't simply make us feel better—He brings us back."

"The Shepherd restores what the world has worn down."

"He leadeth me in the paths of righteousness" God restores us, He leads us.

The main applications are:

- Trust God even when you cannot see the whole path.
- Follow His direction through Scripture.
- Let God redirect you when you're going the wrong way.
- Remember that His path may not always be the easiest path.
- Follow Him **one step at a time**.
- His leading is ultimately **"for His name's sake."**

The progression is:

He restores me → He leads me → I follow Him.

Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; Thy rod and thy staff they comfort me.

"Yea, though I walk through the valley…"

"The valley is a passage, not a permanent destination."

We talked about the importance of the word **"through."**

David doesn't say that the Shepherd promises there will never be valleys.

He promises that **we don't have to stay there—and we don't walk through them alone.**

The **"valley of the shadow of death"** is a picture of a **dark, frightening, dangerous season of life**. It can refer to the reality of death, but it is broader than death itself.

What does the "valley" represent?

It can represent times when we experience:

- Grief and loss
- Fear and uncertainty
- Sickness or suffering
- Deep discouragement
- Family difficulties
- Loneliness
- Financial or personal struggles
- Any situation where we don't know what is going to happen

The important word is **"through."**

David says:

"Though I walk THROUGH the valley…"

He doesn't say, *"I will live in the valley."*

The Shepherd is taking His sheep **through it**.

What does "shadow of death" mean?

The Hebrew expression is often understood as **a very deep darkness or a death-like darkness**. It gives us the picture of something frightening and overwhelming.

But here's the beautiful part:

A shadow cannot ultimately harm you!

A shadow can frighten you, but it doesn't have the final power over you.

David's answer to the darkness isn't:

"There is nothing to be afraid of."

His answer is:

"For thou art with me."

That's the heart of Psalm 23:4.

The Shepherd doesn't promise that we will never enter a valley. He promises that He will be with us in the valley.

And notice something beautiful: before the valley, David says **"He"**—"He leadeth me." But in the valley, David says **"Thou"**—"Thou art with me."

The valley brings David into a more personal awareness of God's presence.

God’s presence doesn’t always remove the valley, but **His presence changes how we walk through it.**

A Bible-study thought

“The valley is not evidence that God has left me. The Shepherd is still leading me—even through the darkest places.”
And then ask yoursel:
“What valley are you walking through right now, and how can you look for the Shepherd’s presence in the middle of it?”
That makes Psalm 23:4 very personal and practical.

Listen to the song Still Waters (Psalm 23) by Leanna Crawford

[Verse 1]
Great Aunt Maurine said at a hundred and three
"Write scripture on your heart for when you need it
'Cause anxiety hates Psalm 23
So just say it to yourself 'til you believe it"
And I'm feeling like I'm needing it right now
[Verse 2]
Lord, I believe You can set me at ease
Turn this broken piece in me to peace and quiet
I know there's power in Your word
So I'll say it over and over 'til my soul's reminded
[Bridge]
Still waters run through any valley I could find
I'm laying fear down here at Heaven's riverside
Your word has been true in every season of my life
I believe, yes, I believe that
Still waters run through any valley I could find
I'm laying fear down here at Heaven's riverside
Your word has been true in every season of my life
I believe, yes, I believe
[Chorus]
The Lord is my Shepherd, I shall not want
He leads me by still waters 'til my fears are gone
Though I walk through the valley of the shadow of death
Oh, I know You are with me, my Father, my friend
Your goodness and mercy will follow me all of my days
I know by Your still waters I'm safe