



**03.11.18 | The Only Way Out Is Through
Psalm 23:4**

Psalm 23

1 The Lord is my shepherd, I lack nothing.
2 He makes me lie down in green pastures,
he leads me beside quiet waters,
3 he refreshes my soul.
He guides me along the right paths
for his name's sake.
4 Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

5 You prepare a table before me
in the presence of my enemies.

You anoint my head with oil;
my cup overflows.

6 Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.

The Lord is my shepherd, I lack nothing.

He **makes** me lie down in green pastures,
he **leads** me beside still waters,
he refreshes my soul.

He **guides** me along the right paths for his
name's sake.

Even though I walk through the darkest valley...

Dark places of pain and suffering are unavoidable.

Hebrews 5:8

Even though Jesus was God's Son, he learned obedience
from the things he suffered.

"If it feels like you are going through hell, keep going."

- Winston Churchill

1) In the darkest valley is where you learn to know yourself.

Suffering Exposes

Suffering Clarifies

“If you can’t get out of something, get deeper into it.”

- Ronald Rolheiser

“For the wise men of old the cardinal problem had been how to conform the soul to reality, and the solution had been knowledge, self-discipline, and virtue. For...

[modernity] the problem is how to subdue reality to the wishes of men: the solution is a technique...”

- C.S. Lewis

Suffering Humbles (Mellows)

2) In the darkest valley is where you learn to know your God.

Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

“Reality is catching up with me
Taking my inner child, I’m fighting for custody
With all these responsibilities that they entrusted me
As I look down at my diamond encrusted piece”

- Kanye West, “Power”

“I have learned to kiss the wave that throws me against the
Rock of Ages.”

- Charles Spurgeon