

#### IV. RELY ON GOD'S PROTECTION AND GUIDANCE (23:4d)

*"Your rod and Your staff, they comfort me."*

- The rod and staff is used by the shepherd to comfort the sheep.

*"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort,"*

II Corinthians 1:3

- Having sheep pass under a rod was a way of counting them.

*"And concerning the tithe of the herd or the flock, of whatever passes under the rod, the tenth one shall be holy to the LORD."*

Leviticus 27:32

- The rod in particular is used to protect the sheep and the staff is used to guide them.

*"34 But David said to Saul, "Your servant used to keep his father's sheep, and when a lion or a bear came and took a lamb out of the flock,*

*35 I went out after it and struck it,..."* I Samuel 17:34-35a

*"What do you think? If a man has a hundred sheep, and one of them goes astray, does he not leave the ninety-nine and go to the mountains to seek the one that is straying?"*

Matthew 18:12

*"Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me."*

Psalm 23:4

## STRESSBUSTERS

### Busting The Stress Of Dark Valleys

Pastor Steve Reynolds

#### INTRODUCTION

- A. Are you ready to bust your stress? In these tough times you long for a more peaceful life. Our Stressbusters teaching series will show you how to bust six forms of stress. This series is based on the famous Psalm 23. This powerful Psalm, written by David, has given comfort to countless people.

*"For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life."*

II Corinthians 1:8

- B. Watch this series and find the ultimate relief for the daily stresses of your life. The messages include:

May 10 Busting The Stress Of Worry

May 17 Busting The Stress Of Damaged Emotions

May 24 Busting The Stress Of Indecision

TODAY Busting The Stress Of Dark Valleys

June 7 Busting The Stress Of Difficult Relationships

June 14 Busting The Stress Of The Future

- C. **TEXT:** Psalm 23:4 (Pew Bible/Page 537/Old Testament)

## BUSTING THE STRESS OF DARK VALLEYS

### I. REALIZE YOU WILL WALK THROUGH DARK VALLEYS (23:4a)

*“Yea, though I walk through the valley of the shadow of death, ...”*

- Valleys are inevitable.

*“Man who is born of woman Is of few days and full of trouble.”* Job 14:1

- Valleys are unpredictable.

*“Destruction upon destruction is cried, For the whole land is plundered. Suddenly my tents are plundered, And my curtains in a moment.”* Jeremiah 4:20

- Valleys are impartial.

*“... for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.”* Matthew 5:45b

- Valleys are purposeful.

*“6 In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, 7 that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ,”* I Peter 1:6-7

Note: The Shepherd is going to get you **THROUGH** your valleys.

### II. REFUSE TO BE AFRAID (23:4b)

*“I will fear no evil; ...”*

*“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”* II Timothy 1:7

*“strengthened with all might, according to His glorious power, for all patience and longsuffering with joy;”* Colossians 1:11

*“I sought the LORD, and He heard me, And delivered me from all my fears.”* Psalm 34:4

### III. REMEMBER THAT GOD IS WITH YOU (23:4c)

*“For You are with me; ...”*

*“When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you.”* Isaiah 43:2

*“24 Then King Nebuchadnezzar was astonished; and he rose in haste and spoke, saying to his counselors, “Did we not cast three men bound into the midst of the fire?” They answered and said to the king, “True, O king.”*

*25 “Look!” he answered, “I see four men loose, walking in the midst of the fire; and they are not hurt, and the form of the fourth is like the Son of God.”* Daniel 3:24-25

*“...For He Himself has said, “I will never leave you nor forsake you.”*

*6 So we may boldly say: “The LORD is my helper; I will not fear. What can man do to me?”* Hebrews 13:5b-6