

# DAYS 9 – 16: TRUST IN THE VALLEY

## DAY 9 – The Shepherd Walks With Me

### **Psalm 23**

**23** *The LORD is my shepherd; I shall not want.*

<sup>2</sup> *He maketh me to lie down in green pastures: he leadeth me beside the still waters.*

<sup>3</sup> *He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.*

<sup>4</sup> *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.*

<sup>5</sup> *Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.*

<sup>6</sup> *Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.*

### **Focus:** Trusting the Shepherd's Care

*Psalm 23* centers on trust. “The Lord is my shepherd; I shall not want” is a declaration of dependence and confidence. To call God our Shepherd is to admit that we need guidance, provision, and protection. Sheep do not lead themselves safely; they rely on the shepherd's direction. In this Lenten season, we are reminded to surrender control and trust that God knows the terrain ahead better than we do.

The psalm moves from green pastures to shadowed valleys, teaching us that trust is not seasonal — it is steady. Whether in rest or difficulty, the Shepherd remains present. “You are with me” is the heart of this passage. Trust grows not because life is always peaceful, but because God's presence is constant. Even in uncertainty, we are not abandoned.

As we reflect today, *Psalm 23* calls us to release anxiety and embrace assurance. The Shepherd who leads also sustains. His goodness goes before us, and His mercy follows us. Trusting Him means believing that wherever He guides, grace will meet us there.

**Prayer:** Faithful Shepherd, teach us to trust Your care in every season. When we feel uncertain, remind us that You are near and leading us safely. Help us to rest in Your goodness and follow You faithfully. In Jesus' name, Amen.