

# GOAT

GREATEST OF ALL TIME

A 6-WEEK STUDY GUIDE

**4**

**THE VALLEY  
OF THE  
SHADOW  
OF DEATH**

***Each session will begin with an opportunity to help you connect with and get to know one another.***

**If you could watch one movie for the first time again, what movie would it be? Why?**

**Play the *“Session Four: Valley of the Shadow of Death”* video lesson.**

**What stood out to you from the video?**

EVEN THOUGH  
**I WALK THROUGH**

*the valley of the*

**SHADOW**

OF  
DEATH

— I WILL FEAR —

*no evil,*

*for you are*  
**WITH ME,**

— YOUR —

**ROD *and* STAFF**

*they comfort me*

PSALM 23:4

*In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.*

**Read Psalm 23:4**

1. Share about a time when you witnessed an act of courage or bravery. What made that act so courageous? How can the courage of others inspire us and give us courage to face our fears?

2. Why do we need God's presence in order to get through the painful and difficult moments of our lives? How does the world try to get through the tough seasons of life? What strategies does the world use to find courage and bravery? What does the Lord provide us that the world cannot?

3. How has God personally walked alongside you during a painful or fearful moment of your life? How did He comfort you? How did He give you courage to keep going?

**Read 2 Corinthians 12:7-10**

4. When the apostle Paul asked for relief from his struggle, the Lord provided something much more powerful—His grace. Why is the grace of God a better gift than momentary relief from the difficulty of life? How does God's grace strengthen us to face situations that would make others run away?

5. Why does Paul say he actually delights in his weaknesses and in insults from others and in the difficulties of life? How does he achieve that kind of attitude? How can we, like Paul, find joy even in the dark seasons of life?

6. How have the difficulties of your life strengthened and encouraged you to face the challenges of the present? How has God strengthened you personally over time?

## DEEPER STUDY QUESTIONS

*Read 1 Peter 4:12-19*

7. Why should Christians expect to receive undeserved suffering? How does our mindset change when we expect difficulty to arrive instead of expecting only easy days? How can we find strength by embracing the truth that we will suffer unjustly for bearing the name of Jesus?

8. Why should Christians continue to do good to others, even in the middle of a painful trial? Why might the painful trials of life encourage us to do wrong to others? Why might we feel more likely to sin in the middle of our grief and anguish? How can we ensure that we treat others well, even in the midst of our hurt?

## A MEDITATION FROM PSALM 23

*Each week during this series, we will provide a simple prayer and meditation exercise that you can use either in a group or on your own. Prayer and meditation are excellent resources for developing a relationship of trust with the Father, as well as ensuring we keep our focus on discovering a good life following Him.*

Begin this time by closing your eyes and spending a few moments in silence, focusing on nothing but the sound of your breath. When you find a moment of stillness, feel free to begin.

1

Read the words of Psalm 23:4, “Even 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.” Repeat those words slowly in your mind. Spend a few moments meditating on the meaning of those words.

2

Imagine you are standing before a dark valley. As you descend into the valley, the Lord walks alongside you with a lantern in His hand. Pay attention to how the light from His lantern dispels the darkness and shows you there is nothing to fear. Focus on how the light bursts forth into the shadows. Visualize this picture for a few minutes and consider what it reveals to us about the courage we receive from the Lord.

3

As you return from that picture, consider this simple prayer to the Father: “You make me brave.” Speak this line to the Father over and over, and reflect upon its meaning for you.

4

In order to end this prayer meditation, thank the Lord for the time you spent together and for providing you with bravery to face the difficulties and anxieties of life. Thank the Lord for His encouragement and His comfort. Thank Him for walking alongside you in dark times.

# JOURNAL

*During each week for this series, we will provide a simple prompt and an opportunity to write and journal your thoughts. As we pursue a good life of following God, we will find a great benefit from putting our thoughts into words and thinking through how we can put our words into action. Do not overthink anything you write or try to find a “perfect” answer. Simply write what comes to mind.*

Please spend at least 15 minutes writing about the question below:

What is something important that I need to accomplish in my life that scares me? How will I accomplish it with the help of the Lord?

# PRAYER AND PRAISE

*This is a place where you can write each other's prayer requests and make notes when God answers prayer. Pray for each other's requests out loud together as a group. If you're new to group prayer, you may pray silently.*

## **Prayer Requests**

## **Praise Reports**