

# “The Valley of the Shadow of Death” Week Eight Workbook

## DAY ONE

1. This week we will focus on “valleys”, their purpose and how to “walk through” without fear. Today we will focus on why we are led through valleys. Write about a valley you have experienced or are experiencing right now.

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2. Read and journal:

Ps 119:71

Eze 14:22-23

1 Pe 1:6-7

What do each of these scriptures teach you about “valleys” and God’s purposes? \_\_\_\_\_

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3. Read and journal.

Matt 26:39

2 Co 4:11

What do these scriptures say to you about “valleys” and their purpose in your life? \_\_\_\_\_

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How do these scriptures speak specifically to your own “valley” experience? \_\_\_\_\_

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4. Read and journal.

Ps 46:10

1 Sam 3:18

2 Co 12:10

How are you to respond to the “valleys” in your life? \_\_\_\_\_

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How ARE you responding to the “valleys” in your life?

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Write a prayer laying out your “valley” and your response up to this point. Now ask Him to give you the grace and faith to respond in acceptance and faith. Ask Him for wisdom to see His purposes in your valley and the faith to “walk through” in a way that sanctifies you and glorifies Him. Thank Him for being a shepherd who knows the “valleys” and chooses them specifically for your growth. Ask Him to show you what you need to understand about His purposes in your “valley”. \_\_\_\_\_

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## DAY TWO

1. One of the primary purposes of “valleys” is your personal spiritual growth. Read and journal.

2 Co 12:7-10 \_\_\_\_\_

He 10:35-37 \_\_\_\_\_

Jas 1:2-4 \_\_\_\_\_

Jas 4:8-10 \_\_\_\_\_

Beside each of the passages fill in what the shepherd may be attempting to achieve in your valley. How does each of these speak to you personally? \_\_\_\_\_

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Can you see any of these “purposes” that may apply to your personal valley experience? If so, explain. \_\_\_\_\_

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2. How does your perspective about the valley change once you see that the shepherd is at work in your life?

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How does it change your response to the “valley”?

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3. Read and journal.

Ps 73:21-28

Look closely at each verse and describe the level of intimacy that David experiences as he “walks through” the valley. \_\_\_\_\_

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What has been your personal experience with growing intimacy and “valleys” in your life? Do you grow closer to the shepherd, spend more time in His word

and in prayer? Do you listen more closely, seek more diligently? \_\_\_\_\_

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Could your Shepherd be drawing you into a more intimate relationship with Him, through this “valley”? \_\_\_\_\_

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Write a prayer asking God to achieve His perfect will in your life through the “valleys”. Ask Him to open your heart to receive the teaching He has for you in the “valley”. If any of the scriptures above specifically convicted you, submit to Him in that area and ask Him to teach you all that you need to learn to be more “mature” in that area. Commit to receiving whatever He has to show you and to responding in obedience. Spend time thanking and worshipping Him in pursuit of a more intimate relationship with Him. Write down anything He reveals to you. \_\_\_\_\_

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## DAY THREE

1. There are many, many ways we can come to experience God as we “walk through the valley”. While we can read and believe them, we only “know” them as we experience them.

Read and journal:

Gen 22:1-19

What “valley” did the Shepherd lead Abraham “through”?

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In verse 1, how did Abraham respond? \_\_\_\_\_

Did Abraham know exactly where he was going? \_\_\_\_\_

Did he know how things would end? \_\_\_\_\_

How quickly did Abraham respond in obedience? \_\_\_\_\_

In verse 5, how did Abraham describe what he was going to do? \_\_\_\_\_

In verse 8, who did Abraham look to for provision? \_\_\_\_\_

In verse 12, how did Abraham continue to respond to the Shepherd as he “walked through the valley”? \_\_\_\_\_

In verse 12, who determined how where the valley would end? \_\_\_\_\_

What was the purpose of the “valley”? \_\_\_\_\_

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What did Abraham “know” as a result of the “valley”(v14)?

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What was the additional result of the “valley”?(v15-18)



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\_\_\_\_\_  
Who was blessed because of Abraham's faithfully "walking through the Valley"? \_\_\_\_\_  
\_\_\_\_\_

2. You began Day One by writing about your own personal "valley". Look at the questions above and answer each question based on your own "valley", substituting your name for Abrahams. If you are still going through your "valley" answer each question based on what you now see or perceive.

What "valley" did/is the Shepherd lead(ing) you through"? \_\_\_\_\_  
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In verse 1, how did/are you responding? \_\_\_\_\_  
\_\_\_\_\_

Did/do you know exactly where you were/are going? \_\_\_\_\_

Did/do you know how things would/will end? \_\_\_\_\_

How quickly did you respond in obedience? \_\_\_\_\_

How did/do you describe what you were/are going to do? \_\_\_\_\_  
\_\_\_\_\_

Who did/are you looking to for provision? \_\_\_\_\_

How did/are you continue(ing) to respond to the Shepherd as you "walk(ed) through the valley"? \_\_\_\_\_

Who determined/will determine how and where the valley

would/will end? \_\_\_\_\_

What was/is the purpose of the "valley"? \_\_\_\_\_

What did/do you "know" as a result of the "valley"? \_\_\_\_\_

What was/is the additional result of the  
"valley"? \_\_\_\_\_

Who was/could be blessed because of your faithfully  
"walking through the Valley"? \_\_\_\_\_

How differently things look when we begin to try to see the  
Shepherd at work in our "valleys"!

Write a prayer thanking God for the revelations that only come in the "valleys". Ask Him to help you "know" Him in deeper, more intimate ways as you obediently follow Him into and through the "valley". Spend time prayerfully seeking out anything He wants to show you about whatever "valley" you may currently be "walking through". Ask for the faith and grace to continue to respond "Here am I" as He leads you "through". Write down

anything He reveals to  
you.

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## Day Four

1. Ministry and testimony are beautiful products of “walking through the valley”. Read and journal

Acts 22:15

Ps 28:7

Is 63:7

2 Co 1:4–6

What do each of the scriptures above say about “valleys” and how they can be used for God’s purposes? \_\_\_\_\_

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2. Think back over some of the “valleys” you have been through.

How could your “valley” experience be used by God? \_\_\_\_\_

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Have you used these experiences to glorify God? \_\_\_\_\_

If not, why? \_\_\_\_\_

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Do you see any way in which God might be calling on you to allow Him to use these experiences for His glory? \_\_\_\_\_

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3. Read and journal

Acts 1:8 - \_\_\_\_\_

2 Ti 2:2 - \_\_\_\_\_

1 Co 14:31 - \_\_\_\_\_

1 Thess 5:11 - \_\_\_\_\_

Look at each scripture and identify the action each one directs us to take. How would you describe yourself in terms of each of these areas? \_\_\_\_\_

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Think over each of these and write about a way God could use your “valley” experience in each of these ways. \_\_\_\_\_

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Write a prayer thanking God for the privilege of being used for His kingdom purposes. Ask Him to give you wisdom and guidance in how He wants to use your “valley” lessons to minister to others and glorify Him. Ask Him for the boldness and faith to obediently surrender to being used by Him. Commit to saying “Here am I” whenever He calls. Spend time in prayer waiting to hear anything He might be leading you to do in His service. Write down everything He lays on your heart. \_\_\_\_\_

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## DAY FIVE

1. Last, but certainly not least, we must deal with the “fear factor”. The scripture clearly says “Yea, though I walk through the Valley of the Shadow of Death *I shall fear no evil...*”. Read and journal.

I Sam 3:18

Is 26:3-4

Jer 29:11

I John 4:16,18

What do the scriptures above teach us about the Shepherd?

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What does I John 4:18 say about fear? \_\_\_\_\_

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When you are in the “valley” how does the guarantee of the Shepherd’s love release you from fear? \_\_\_\_\_

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What could you do to help you stay focused on the love of the Shepherd when you are tempted to succumb to fear?

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Write down one scripture you will memorize to help you stay focused on God's love when you are in the "valley"

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2. Read and journal

Ps 46:10,56:3

Is 51:12

John 14:27

2 Co 1:9

When we "walk through the Valley" we must learn to rely on who? \_\_\_\_\_

For what? \_\_\_\_\_

Have you been going "through the Valley" and been struggling with fear? Who have you been relying on? \_\_\_\_\_

Can you comfort yourself? \_\_\_\_\_ Give yourself peace? \_\_\_\_\_ Who can comfort you? \_\_\_\_\_

Who can give you peace? \_\_\_\_\_

Where does your strength come from? \_\_\_\_\_



Write down one scripture you will memorize for when these situations. \_\_\_\_\_

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\_\_\_\_\_

### 3. Read and journal

Esther 4:13-15

John 12:27

Seeking the Shepherd's purposes and ways are essential to "walking through the Valley". It is as we align ourselves with His purposes and ways that we become positioned to be

used for His kingdom purposes. Look back over the "valleys" you have been through or are currently in.

Have you sought the Shepherd's purposes in the valley? \_\_\_\_\_

Are you seeking His purposes now? \_\_\_\_\_

How might He use your "valley" experience for His kingdom purposes? \_\_\_\_\_

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How does focusing on His purposes and His glory change the way you look at your "valley"? \_\_\_\_\_

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Are you excited about using your “valley” to minister to one who is currently struggling through a “valley” of their own?

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List one way in which God could use your “valley” testimony to minister to others. \_\_\_\_\_

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4. Read and journal

Ps 34:1, 42:5, 11, 50:23

Acts 16:22–40

Phil 4:6–7

What actions by Paul and Silas preceded the earthquake that opened the doors? \_\_\_\_\_

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Would you consider their experience a “valley”? \_\_\_\_\_

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Now look back at the scriptures from Psalms and Philipians, what precedes deliverance and peace? \_\_\_\_\_

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Praise and worship are key to “walking through the Valley” without fear. Have praise and worship been a cornerstone in your struggles with fear? \_\_\_\_\_  
Do you begin with praise and worship? \_\_\_\_\_  
How could you begin today to add praise and worship to your spiritual armor/ \_\_\_\_\_

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Write a scripture that you will memorize to assist you in struggling with fear in the “valley”. \_\_\_\_\_

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Hymns are also very effective in these circumstances, choose a hymn of praise that especially speaks to you and commit to singing it, TO THE LORD, daily. You will be amazed at how it impacts your daily struggle with fear and energizes your faith. Remember, Psalms ARE songs!

Write a prayer praising God for his loving faithfulness as your shepherd. Thank him for leading you “through” the valleys and for all their benefits to you and those ministered to as a result. Ask for Him to

develop a steadfast spirit within you that will praise and worship him THROUGH the valleys. Spend the remaining time praising and worshipping him for all he is to you as your Shepherd. Write down anything He reveals to you. \_\_\_\_\_

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