

Unshakable Women's Bible Study

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June Topic: "The Table in the Valley" (Part 2)

Psalm 23

Main Truth: He anoints our heads, He fills our cups, and He ensures we walk in victory—no matter what surrounds us. He already knows there are storms and battles we will be in. He prepares us in every way.

Repeated from Part 1 — What is Psalm 23 to the believer? It is not just a comforting Psalm for hard times. **It is a declaration of covenant, protection, provision, authority, peace, and victory.**

****Who is our Shepherd? Jesus.**

****What are the duties of a Shepherd?** Herds (guides & moves), feeds, and protects flocks of sheep.

Psalm 23 AMP

The Lord is my Shepherd [to feed, to guide and to shield me],
I shall not want.
He lets me lie down in green pastures;
He leads me beside the still *and* quiet waters.
He refreshes *and* restores my soul (life);
He leads me in the paths of righteousness
for His name's sake.
Even though I walk through the [sunless] valley of the shadow of death,
I fear no evil, for You are with me;
Your rod [to protect] and Your staff [to guide], they comfort *and* console me.
You prepare a table before me in the presence of my enemies.
You have anointed *and* refreshed my head with oil;
My cup overflows.
Surely goodness and mercy *and* unfailing love shall follow me all the days of my life,
And I shall dwell forever [throughout all my days] in the house *and* in the presence of the Lord.

Part 2 of Psalm 23 — 3 Keys

Key 1. He Anoints My Head:

Psalm 23 in the NLT says, **"You honor me by anointing my head with oil."** (verse 5)

The head speaks of the mind. The battle in the valley happens in the mind.

What tries to settle in our mind:

Fear tries to settle in the mind.

Worry tries to settle in the mind.

Torment tries to settle in the mind.

Old pain tries to replay in the mind.

The enemy tries to build strongholds in the mind.

But God anoints your head. This means your mind belongs to God:

Your thoughts can and will be healed.

Your thinking can and will be renewed.

Your perspective can and will be lifted.

Your peace can and will be restored.

Jesus does not just want to bring you out of the valley. He wants to keep the valley from getting inside your mind.

Romans 12:2 (AMP) —And do not be conformed to this world [any longer with its superficial values and customs], but be transformed *and* progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].

Walking in your authority does not let fear/pain/worry run loose in your thoughts. Take authority over what tries to take root!

Don't let every thought have a seat at the table!

The table is for YOU. Discern what is from God and what is from the enemy. Don't entertain fear, rehearse defeat, or meditate on destruction.

Why is this so important? The enemy wants access to your mind because he knows **if he can control your thoughts, he can influence your direction.** This will make you have permanent residence in the valley.

Verse 5— *You honor me.....* Jesus is showing honor to you! The anointing on your head reminds you that your mind is not available for fear, torment, confusion, or defeat.

(To honor someone means to hold them in high esteem; recognize their intrinsic worth and treat them with profound respect. It goes beyond basic politeness, actively lifting someone up and valuing them for who they are, what they have achieved, or their role in your life)

You do not have to think like what you have been through.

You do not have to make decisions from fear or concern.

You do not have to live under mental torment.

You do not have to let the valley write the script for your thoughts.

****God anoints your head so you can walk through the valley with a sound mind.**

Key 2. My Cup Overflows:

Psalm 23 says, “**My cup overflows.**” (Verse 5)

God is not a barely-enough God. He is the God of overflow.

2 Corinthians 9:8 (AMP)- And God is able to make all grace [every favor and earthly blessing] come in abundance to you, so that you may always [under all circumstances, regardless of the need] have complete sufficiency in everything [being completely self-sufficient in Him], and have an abundance for every good work *and* act of charity.

The valley may feel draining, but God is still filling. Remember....enjoy the table!
The enemy may try to empty you, but God causes your cup to overflow. The table has endless supply for you!

Galatians 6:9 (AMP) —Let us not grow weary *or* become discouraged in doing good, for at the proper time we will reap, if we do not give in.

Overflow means you are not living empty, dry, depleted, and barely making it.

Definition of overflow: means to exceed a capacity or fill a space to the point of spilling or spreading beyond its limits.

Take the limits you may have assigned to yourself off. Jesus gives you more than enough strength, more than enough peace, more than enough grace, and more than enough joy.

God's grace is actively given to be "more than enough." When we reach the absolute end of our own abilities, His strength takes over and sustains us. (like a battery pack)

2 Corinthians 12:9 (ESV) —But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

Your cup does not have to match your circumstances. Your cup can overflow even in the valley because your source is the Lord.

The valley is not your source.

Perfect situations are not your source.

Approval is not your source.

People are not your source.

The report is not your source.

Your emotions are not your source.

The Lord is your Shepherd. You have all that you need. Ownership and identity of being IN Christ.

Key 3. Victory Is Promised Because Goodness and Mercy Are Following Me:

Psalm 23 ends by saying, “**Surely your goodness and unfailing love will pursue me all the days of my life.**” (Verse 6)

David starts with the Shepherd (vs 1) and ends with victory.

What active steps are you taking to be with Jesus, your Shepherd?

How does the road in the valley traveled end up for you:

David does not end stuck in the valley.

He does not end afraid of enemies.

He does not end empty.

He ends pursued by goodness and mercy.

****That is the life of a woman who belongs to God. People should see a difference.**

You may have trouble around you, but you have goodness behind you.

You may have enemies present, but you have mercy following you.

You may walk through valleys, but you are headed toward victory.

(Example of a water boy)

This is what isn't following you:

You are not being followed by destruction.

You are not being followed by shame.

You are not being followed by failure.

You are not being followed by what the enemy said about you.

DON'T walk through the valley still looking over your shoulder at shame, regret, fear, trauma, disappointment, or failure. You will walk slowly with the possibility of tripping when you aren't looking forward.

The valley is temporary, but God's goodness is *lifelong*.

The enemy is present for a moment, but goodness and mercy follow *all* the days of your life.

You do not walk out of the valley empty. You walk out followed by the faithfulness of God!

Psalm 27:13 (AMP) —I would have despaired had I not believed that I would see the goodness of the Lord in the land of the living.

Discussion Questions: (write out in your journal)

1. What part of Psalm 23 speaks the strongest to me right now?
2. Why is it important that Psalm 23 says we walk “through” the valley, not stay in it?
3. What are some ways fear tries to settle in my mind during hard seasons?
4. What does it look like practically to refuse fear and keep walking forward?
5. God prepares a table in the presence of enemies. What does that reveal about His nature?
6. What do I need to partake of at God’s table right now — peace, joy, strength, wisdom, healing, or confidence?
7. Am I better at fighting or receiving? Why can receiving be hard sometimes?
8. What does “He anoints my head” mean to me personally?
9. What would change if I truly believed my cup could overflow even before the circumstance changed?
10. How can I practice resting, partaking, and enjoying God’s goodness this week?

Weekly challenge until we meet again:

Continue to read Psalm 23 out loud every day.

Each day, focus on one phrase:

Day 1: “The Lord is my Shepherd.”

Day 2: “I have all that I need.”

Day 3: “He renews my strength.”

Day 4: “I will not be afraid.”

Day 5: “You prepare a feast for me.”

Day 6: “You anoint my head with oil.”

Day 7: “My cup overflows.”

Declare:

I am not staying in the valley. I sat at the table. I refueled. I’m refreshed. I’m strengthened. I am restored. I carry a spirit of faith. I am walking through it. The Lord is with me. Fear will not lead me. My mind is anointed. My cup is overflowing. Goodness and mercy are following me, and I will walk in victory every day!