

Unshakable Women's Bible Study

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June Topic: "The Table in the Valley" (Part 1)

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.

As women of faith, we do not stop in the valley, panic in the valley, or let the valley take residence in our minds. We walk through the valley with our Shepherd, and even there, the Lord prepares a table for us.

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.

David does not say, "I avoid every valley."

He says, **"Even though I walk through the sunless valley of the shadow of death, I fear no evil, for you are with me"** (Verse 4 AMP)

****Why is that powerful?** It shows us that faith does not mean you will never face pressure. Faith means pressure does not get to stop you, define you, or destroy you.

The valley may be real, but so is the Shepherd!

The shadow (dark moments) may be present, but so is His protection.

Enemies may surround you, but so does the goodness of God.

Psalm 23

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 1 of Psalm 23 — 4 Keys

Key 1. We Walk Through the Valley — We Do Not Live There:

Psalm 23 says, **“Even when I walk through the sunless or darkest valley...”** (depending on translation)

Key word: **THROUGH**

A valley is not your final address.
A valley is not your identity.
A valley is not your future.
A valley is not where you build a home.

You may walk through grief, pressure, betrayal, uncertainty, disappointment, spiritual attack, or fear—but you are not called to set up residence there.

As women of faith, we have to make up our minds:

“I may be walking through this, but this will not live in me.”

****The valley can be around you without being inside you.**

****Trouble can be near you without taking over your mind.**

****Fear can speak, but it does not get to lead.**

Remember our last series? ‘The Sound Disciplined Mind’

The enemy wants the valley to become a mindset. But what the enemy wants, he doesn’t get. We can use it as a testimony. A fighting ring for victory. Our Heavenly Father will get all the Glory!

What the valley may try to tell you:

“I’ll always be here.”

“You’ll never get out.”

“This will ruin you.”

“You should be afraid.”

“You are alone.”

BUT Psalm 23 answers back: “I will fear no evil, for you are with me.”

REMEMBER: You do not walk through the valley as a victim.
You walk through it with authority because the Shepherd is with you.

Key 2. What Surrounds Me Will Not Destroy Me:

David said, **“I will not be afraid, for you are close beside me.”** (Verse 4 NLT)

David does not say there is nothing scary around him.

He says fear will not rule him because God is with him. *That is spiritual authority!!*

REMEMBER: The presence of trouble does not mean the absence of God.

The presence of enemies does not mean the absence of victory.

The presence of pressure does not mean the absence of peace.

A question often asked is, “If God is with me, why is there a valley?”

What Psalm 23 shows us: God is not only God on the mountaintop. He is Shepherd in the valley.

He leads.

He protects.

He corrects.

He comforts.

He stays close.

The valley is not stronger than the Shepherd!!

The enemy may try to surround you with fear, lies, pressure, bad reports, or painful memories. But what surrounds you does not have permission to destroy you.

Isaiah 54:17 (AMP) — “No weapon that is formed against you will succeed;

And every tongue that rises against you in judgment you will condemn.

This [peace, righteousness, security, and triumph over opposition] is the heritage of the servants of the Lord, And *this* is their vindication from Me,” says the Lord.”

(That does not mean weapons will never form. It means they do not get the final victory.)

Key 3. God Sets a Table in the Middle of the Battle

Psalm 23 says, **“You prepare a table for me in the presence of my enemies.”** (Verse 5 ESV)

Envision how powerful this whole setup is: God does not wait until every enemy disappears

before He feeds you. He does not wait until everything looks perfect before He blesses you.

He prepares a table RIGHT IN THE PRESENCE of what tried to intimidate you. Eye to eye.

Nose to nose.

What is a table a place of?

The table is a place of receiving.

The table is a place of nourishment.

The table is a place of covenant.

The table is a place of rest.

The table is a place of confidence.

What do you do at a table?

You sit.

You eat.

You receive.

You are strengthened.

You enjoy.

You talk.

You laugh.

You are refreshed.

A table is not a place of panic.

A table is not a place of striving.

A table is not a place of fear. The Lord is showing us:

“Even here, I can feed you. Even here, I can fill you. Even here, I can refresh your soul.”

What is your focus while sitting at the table??

A table is for eating and partaking.

A bed is for sleeping.

You do not sleep at a table. You eat at a table.

That means the table is not where you quit.

The table is where you are strengthened.

The table is not where you become passive.

The table is where you receive what you need to keep walking.

God does not prepare a table in the valley so you can collapse and never move again. He prepares a table so you can partake of His goodness, be filled with His strength, and keep walking forward.

REMEMBER: The table is proof that the valley does not have the power to starve you.

*The enemy wanted the valley to drain you.

God uses the table to fill you.

*The enemy wanted the valley to scare you.

God uses the table to steady you.

*The enemy wanted the valley to stop you.

God uses the table to strengthen you.

Key 4. Learn to Rest, Partake, and Enjoy

Many women know how to fight, serve, pray, push, and endure—but they struggle to receive. Psalm 23 shows you that God not only calls you to keep on walking. He also calls you to sit at the table. Ever tell a child to “sit still!”? That’s what we have to practice as we rest in faith.

Look at this list of all He does:

He leads me.
He restores me.
He guides me.
He walks with me. He’s your friend.
He prepares a table for me.
He anoints me.
He fills me.
He follows me with goodness and mercy.

That means we have to learn how to receive from God without guilt.

A. REST: Rest is not weakness.

Receiving is not laziness.

Enjoying God’s goodness is not denial of the battle.

You can be in faith and still be refreshed.

You can be in a fight and still have joy.

You can be surrounded by enemies and still enjoy the table God prepared.

B. PARTAKING: At the table, we partake of:

God’s Word
God’s promises
God’s peace
God’s joy
God’s strength
God’s presence
God’s provision
God’s goodness
God’s victory

The enemy wants you so focused on what is around you that you forget what is in front of you.

But faith says (confession time):

“I see the enemy, but I choose the table.”

“I see the valley, but I choose the Shepherd.”

“I see the pressure, but I choose the promise.”

C. Enjoy! Dessert time:

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever. (verse 6 ESV)

Faith produces results. Faith makes the confessions come alive, and the results are sweet.

Psalms 81:16 (NLT) “But I would feed you with the finest wheat. I would satisfy you with wild honey from the rock.”

****A honey in a dry hard rock is highly unlikely. This shows us that Jesus can bring abundant, rich blessings out of the most difficult and barren situations. Hallelujah!**

○ Part 2 June 30th @ 6:30p — Don't miss it. I love you and we are in faith together. We are unshakable!!!!

Until we meet again.....Declarations and Challenge Questions

Confession/Declaration:

1. I declare that this valley is not my permanent residence. I am not stuck, and I am not going backward. I am walking through with the Lord as my Shepherd. Trouble will not become my identity, and fear will not take up residence in my mind. God is leading me forward, and I will come out stronger, wiser, and victorious.

Challenge Questions:

1. Is there an area of your life where you have begun to feel stuck instead of believing you are walking through?
2. Have you allowed a difficult season to become part of how you identify yourself?
3. What thought or statement do you need to stop repeating about your valley?
4. What would moving forward in faith look like for you this week?
5. Are you waiting for the valley to disappear before you take your next step of obedience?
6. What promise from God can you begin speaking instead of the fear surrounding your situation?

Confession/Declaration:

2. I declare that what surrounds me will not destroy me. The presence of trouble does not mean the absence of God. No weapon formed against me will prosper, and no report will become greater than God's Word in my life. The Lord is beside me, His hand is upon me, and His protection surrounds me. I will not bow to fear because the Shepherd is greater than the valley.

Challenge Questions

1. What has been surrounding your thoughts lately?
2. Has fear, pressure, grief, insecurity, or intimidation become louder than the voice of your Shepherd?
3. Are you measuring God's faithfulness by what you see around you?
4. What situation has caused you to question whether God is truly close?
5. What are you currently afraid might destroy, change, or take something from you?
6. How would you respond differently if you were fully convinced that God was standing beside you?
7. What lie of the enemy do you need to confront with the Word of God?

Confession/Declaration:

3. I declare that the battle cannot cancel the table God has prepared for me. I will not allow the presence of an enemy to distract me from the provision of my Shepherd. Even in the middle of pressure, God is feeding me, strengthening me, and refreshing me. The valley cannot starve me, the enemy cannot empty me, and the battle cannot stop the goodness of God from reaching my life. I will take my seat and receive everything God has prepared for me.

Challenge Questions:

1. Are you more focused on the enemies around you or on what God has placed before you?
2. Have you allowed pressure to distract you from God's present provision?
3. What has God already placed on the table that you have not fully received?
4. Are you standing beside the table worrying, or are you sitting down and partaking?
5. What does taking your seat at God's table look like practically in your current season?
6. Are you trying to fight in your own strength instead of receiving strength from the Lord?
7. What would it look like to enjoy God's goodness before every problem is resolved?

Personal Challenge:

Make two lists-

1. What is surrounding me:

Write down the pressures, fears, or difficulties currently around you.

2. What God has placed before me:

Write down His promises, provision, peace, relationships, opportunities, and evidence of His faithfulness.

I guarantee the list of 'What God has placed before me' is longer. :)

Spend more time thanking God for what is before you than talking or thinking about what is surrounding you.

1 Thessalonians 5:18 (NLT) —Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

Confession/Declaration:

4. I declare that I will receive from the Lord without guilt. Rest is not weakness, receiving is not laziness, and joy is not a denial of the battle. I give myself permission to sit at the table God has prepared. I will partake of His Word, His peace, His strength, His joy, and His goodness. I will not live depleted when God has invited me to be filled. I will receive what I need, rise refreshed, and continue walking forward in faith.

Challenge Questions

1. Do you find it easier to serve others than to receive from God?
2. Do you feel guilty when you rest, slow down, or enjoy something good?
3. Have you confused constant activity with faithfulness?
4. When was the last time you allowed yourself to enjoy God's goodness without thinking about everything that still needed to be fixed?
5. What is keeping you from sitting at the table—busyness, guilt, control, fear, or distraction?
6. What do you most need to receive from God right now: peace, joy, strength, wisdom, comfort, or restoration?
7. Are you trying to pour into everyone else while allowing your own cup to remain empty?
8. What is one practical way you can rest and receive from the Lord this week?

Personal Challenge:

Schedule one intentional **“table moment”** with the Lord each week.

During that time:

- Put away distractions.
- Read Psalm 23 slowly. Pray.
- Thank God for His goodness.
- Receive His peace without rushing.
- Do something that refreshes your soul. Self-care is powerful and not selfish.
- Refuse to talk only about the battle.
- Celebrate what God is doing in your life right now.

Ask yourself:

“Am I allowing God to fill me, or am I only asking Him to help me keep functioning while empty?”

James 1:22-25 (NLT) — But don't just listen to God's word. You must do what it says.

Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

When you work the Word of the Lord, you get mighty results!