



In our church home,
you are **accepted,**
respected, and
loved!

Wednesday Prayer and Share Topic:
Walking through the Valley
November 5, 2025

In Psalm 23 is found a well-known passage: “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 (AMP translation).” What might this metaphorical valley represent to you? No matter what our individual situation looks like, the writer of this verse assures us that there is forward movement, accompanied and supported by our divine Shepherd. But that doesn’t mean making progress is always easy. Mary Baker Eddy wrote: “The Discoverer of this Science could tell you of timidity, of self-distrust, of friendlessness, toil, agonies, and victories, under which she needed miraculous vision to sustain her, when taking the first footsteps in this Science. The ways of Christianity have not changed. Meekness, selflessness, and love are the paths of His testimony and the footsteps of His flock (*Rudimental Divine Science*, p. 17).” Let’s explore together how to move through the valley of darkness, depression and fear - with meekness and hope, one prayerful step at a time.

Questions to consider:

- If you find yourself walking through a dark valley of fear, disease, or depression, what can you do to change the scenery?
- What does it mean to be in the world, but not of the world? To take “human footsteps” while looking to Truth for healing?
- How can Jesus’, Paul’s and Mary Baker Eddy’s journeys through life be instructive of how to go through ours?

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