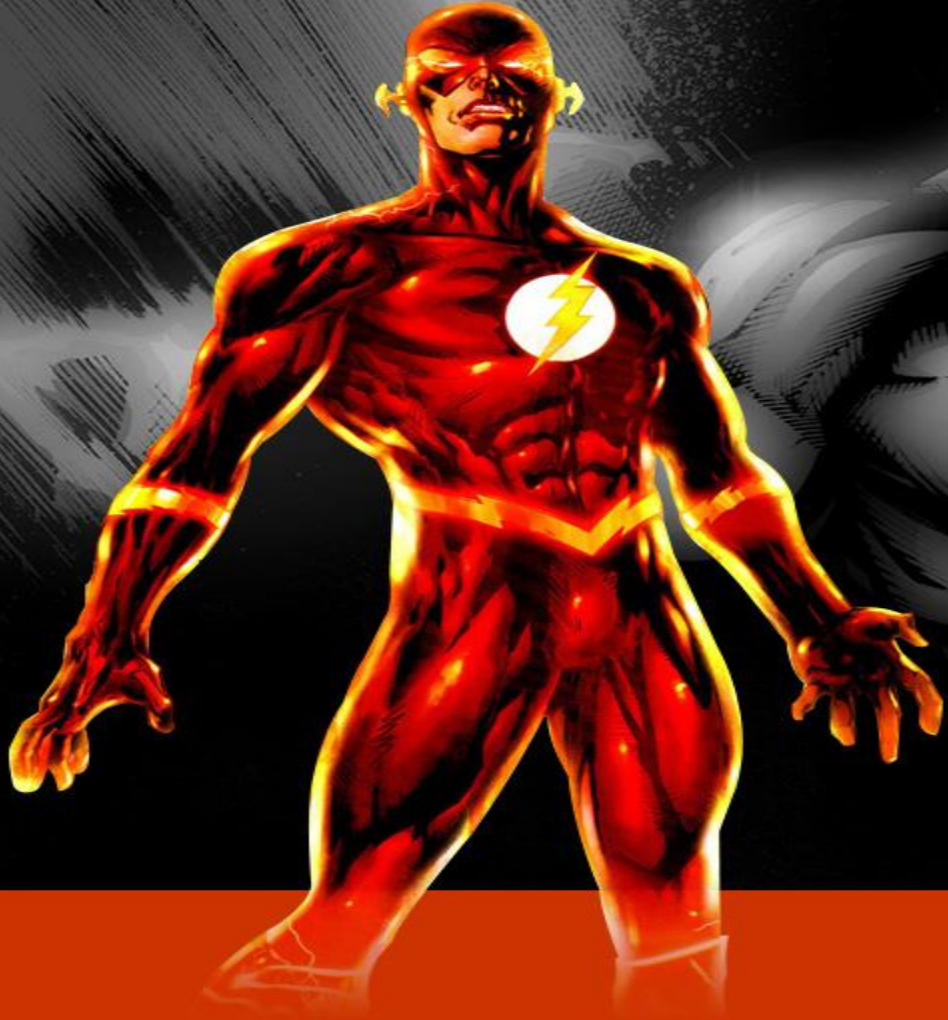




# FLASH

TO FAST FOR OUR OWN GOOD

Us!



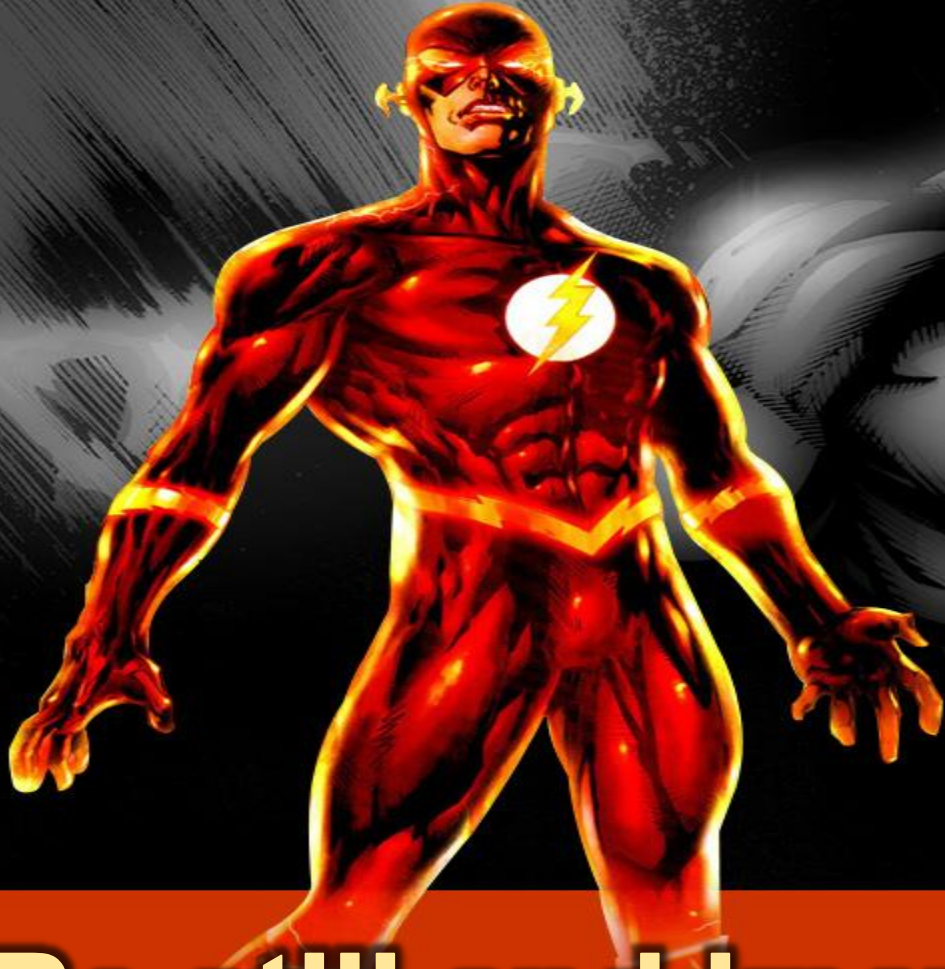
**Us!**



**Nobody can run forever!**



**Us!**



**Be still and know that I am God**





# Life is the issue

*(Ecclesiastes 1:2-10)*





**You can't outrun the  
troubles in life because  
life is full of trouble**





**Like chasing the wind**





**Mortals, born of woman,  
are of few days  
and full of trouble.  
(Job 14:1)**







# Lesson #3:

Slowing down allows us to  
Pass Through difficult times  
(*Psalm 90:7-12*)





# Looking Back

Early days as a Shepherd





# Looking Back

**Early days as a Shepherd**

**The defeating of a giant**





# Looking Back

**Early days as a Shepherd**

**The defeating of a giant**

**The desolation of the wilderness**





# Looking Back

**Early days as a Shepherd**

**The defeating of a giant**

**The desolation of the wilderness**

**The burdens of a kingship**





# Looking Back

**Early days as a Shepherd**

**The defeating of a giant**

**The desolation of the wilderness**

**The burdens of a kingship**

**The sin with Bathsheba**





**Unlike Solomon who  
saw life as hopeless and  
full of trouble, David found  
hope in the middle  
of a chaotic life**





The Lord is my shepherd  
I lack nothing







**The Lord is my shepherd  
I lack nothing**

**Provider, Protector, Guide,  
and if need be, disciplinarian**





**I have everything I need**





# There will be trouble

Even though I walk through the  
darkest valley, I will fear no evil, for  
you are with me; your rod and your  
staff, they comfort me

v. 4





**There will be trouble**

**Life will take me through  
the darkest valley**





There will be trouble

Be Afraid!





There will be trouble

Speed Up





**There will be trouble**

**The fear of darkness makes us  
feel alone**





**There will be trouble**

**The fear of darkness makes us  
feel alone**

**David sees now he was never  
alone**







**There will be trouble**

**Darkness makes us feel  
vulnerable**





**There will be trouble**

**Darkness makes us feel  
vulnerable**

**David now understands he  
was always protected**





**There will be trouble**

**He comes to the realization  
that in darkness God does not  
want us to fear, he wants us to  
feel his presence**





# Slowness in Action

Makes me lie down in green pastures





# Slowness in Action

Makes me lie down in green pastures

Leads me beside quiet waters





# Slowness in Action

**Makes me lie down in green pastures**

**Leads me beside quiet waters**

**He refreshes my soul**





# Slowness in Action

**Makes me lie down in green pastures**

**Leads me beside quiet waters**

**He refreshes my soul**

- 1. Revive: to restore strength**
- 2. Renovate: to freshen up : RENOVATE**
- 3. Replenish: to restore or maintain by renewing supply**





# Slowness in Action

**Makes me lie down in green pastures**

**Leads me beside quiet waters**

**He refreshes my soul**

- 1. Revive: to restore strength**
- 2. Renovate: to freshen up : RENOVATE**
- 3. Replenish: to restore or maintain by renewing supply**

**He guides me along the right paths for his name's sake.**







# Calm in Chaos

**You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil; my  
cup overflows.**

**v. 5**





# The Promise

**Surely your goodness and love  
will follow me all the days of my  
life, and I will dwell in the house  
of the Lord forever.**

**v. 6**



**Passing  
through the  
darkness**

**Depends  
on being  
still in  
the light**

