

From Shadows to Stillness: A Journaling Guide

Inspired by Psalm 23:4 and the blog post "When Shadows Fall: Finding God in the Valley"

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This journaling guide is designed to help you reflect on the shadowed valleys of your life and the healing light of God's presence. Whether you're walking through fear, isolation, or the aftermath of trauma, know this: you are not alone. Let these prompts guide your heart back to the Shepherd who walks beside you.

Reflection Prompts

1. What "valley" have I walked through that felt too dark to name?
2. Where have I seen the light of God begin to break through?
3. How did fear or isolation shape my view of God, others, or myself?
4. What does it look like today to walk with the Shepherd—into the light, into healing?
5. What tools (scripture, prayer, support, mindset coaching) have helped me move forward?

Scriptures for Meditation

- Psalm 23:4 – "Yea, though I walk through the valley of the shadow of death, I will fear no evil..."
- Psalm 27:1 – "The Lord is my light and my salvation—whom shall I fear?"
- John 1:5 – "The light shines in the darkness, and the darkness has not overcome it."
- 2 Corinthians 4:6 – "God made His light shine in our hearts..."
- 1 John 1:7 – "If we walk in the light, as He is in the light, we have fellowship..."

A Prayer to Journal

Lord, thank You for never leaving me in the shadows. Thank You for walking with me through every valley. Help me recognize Your rod and staff guiding me. Help me trust Your presence when I feel afraid. Show me how to walk in Your light, holding tightly to Your hand. In Jesus' name, Amen.

Final Encouragement

Every valley has a beginning—but it also has an end. You are walking *through* it, not setting up camp in the shadows. May this guide help you listen to the Shepherd's voice, lean into His comfort, and remember that you are being led toward stillness, peace, and healing.