



The Climb God Carries Us Up

Week 6 R&R Devotional

Big Idea:

We are all on different hikes with Jesus, but fortunately, we do not need to worry about whether we can make the climb up because Jesus has already given us the victory of the mountain top.

Scripture - Psalm 23

“The Lord is my Shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name sake. 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. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your

goodness and love will follow me all the days of my life, and will dwell in the house of the Lord forever.”

Have you ever been on a long, strenuous hike up a mountain before? There is a type of adventure and journey to the hike itself. From the steep and difficult climb up the side of the mountain with the different scenery, to the parts of the hike where you feel as if you can no longer go on, and to the beautiful mountain top where you can see all of God’s beautiful creation. Most of the time we start out on the hike so confident and ready for what is coming ahead, but in the midst of the hike, we start to wonder if we can even finish it because it becomes harder and harder to even carry on. However, once we reach that mountain top with the cool breeze hitting our faces and feeling victorious, we look down at the uphill battle we just conquered with God by our side guiding each step we made.

Psalm 23 is depicting a hike or journey that Jesus, our Shepherd, is guiding us through, and this hike is known as life. Think about your life as a hike with Jesus, and contemplate what has been your upward climb. Think about how you just started climbing trying to reach the victory Jesus wants to give you at the mountain top, but you cannot really reach that victory and breakthrough because you keep facing the dark valleys and upward climbs to the top of the mountain itself.

We cannot get to that mountain feeling until we face the upward climb to the top and the dark valleys. What are those climbs and dark valleys? To list a few: fear, loneliness, chaos, depression, sadness, anger, addictions, and so many more. The very things that cause you to doubt that the Lord can actually save you in the moments that you need him the most.

The good thing about our Lord is that we can depend on him to carry us up those steep, violent, scary, and painful hikes up the mountain. We can depend on our Shepherd to lead us through the dark valleys with his peace, gentleness, joy, and love. We serve a God who will lead us to the green pastures and quiet waters to restore our soul in the moments when we feel like we can no longer continue on our hike. Our Shepard will correct our paths to focus on him when we start to fall away from the path set in front of us.

Think about how hard that hike would be if you had to do it alone? Fortunately, we get to continue this hike with Jesus, and stand firm with the knowledge that he has every solution to all our problems that might arise. He has already given the victory of the mountain top. He is worthy of putting all of our trust and faith into because we lack nothing when the creator of all the entire universe is *our* Shepherd.

This Week’s Memory Verse

Psalm 23:1

The Lord is my Shepherd, I lack nothing.

This Week’s R&R - Psalm 23

This week we would like to encourage you to read Psalm 23 and read and reflect on what

David is trying to explain how the Lord is our Shepherd, and that as our Shepherd, he is worthy for us to put all of our trust in him.