

THE PSALMS PROJECT

Even though I walk through the darkest valley...

SURVIVING IN TIMES OF ADVERSITY, LOSS, AND GRIEF

by Natascha Deijmann

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Text Bible: www.biblegateway.com

Template e-book: Thanks Canva!

Translating: Thanks Google!

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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's 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 I will dwell in the house of the Lord
for ever.

A word of encouragement

If you, like I have experienced, are currently going through a long period of mourning because you have suffered a great loss, then you might recognize the feelings of despair, fear, and gloom that fill your head with unpleasant thoughts and tire your body with the tension you feel.

After my husband ended our marriage and my employment contract was not renewed, I lost everything: love, work, and my home. I lost contact with friends and acquaintances because I decided to move to another part of my country. I felt as if I had fallen into a very deep hole from which I could not escape. My feelings were completely detached from my intellect; the connection was broken. That was a scary period in my life, now well over 10 years ago.

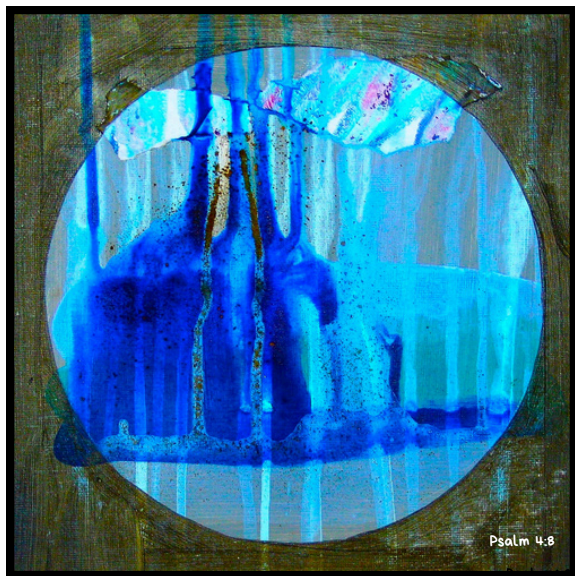
I sought an outlet for everything inside me and started writing poetry and began painting. Abstract painting gave me the most peace because I didn't have to think about what I was going to paint. Only the colors and shapes to which I gave meaning. Grief was given a color and fear was given a color. Circles represented life, my life. Other shapes also took on meaning. It gave me peace to simply clear my mind and work only with my hands; happily making a mess without it having to be 'beautiful'.

Without God's love and faithfulness, I could never have climbed out of my dark hole. My trust in Him was essential to be able to go from the darkness to His light. I hope to encourage you, now that you may have fallen into that deep hole, to pick up the Bible and read the words that King David prayed to God. His prayers, often in the form of a song, might offer you the same comfort that they offered me.

God bless you,
Natascha Deijmann

Psalm 4:8

In peace I will lie down and sleep.
Lord, you alone keep me safe.



Psalm 4:8











Psalm 4:8



Psalm 4:8

Psalm 5:1-3

Lord, listen to my words.

Pay attention when I mourn.

My King and my God,
hear me when I cry for help.

I pray to you.

Lord, in the morning you hear my voice.

In the morning I pray to you.

I wait for you in hope.







Psalm 5:1-3









Psalm 5:1-3

Psalm 8:4-5

what is mankind that you are mindful of them,
human beings that you care for them?
You have made them a little lower than the angels
and crowned them with glory and honour.











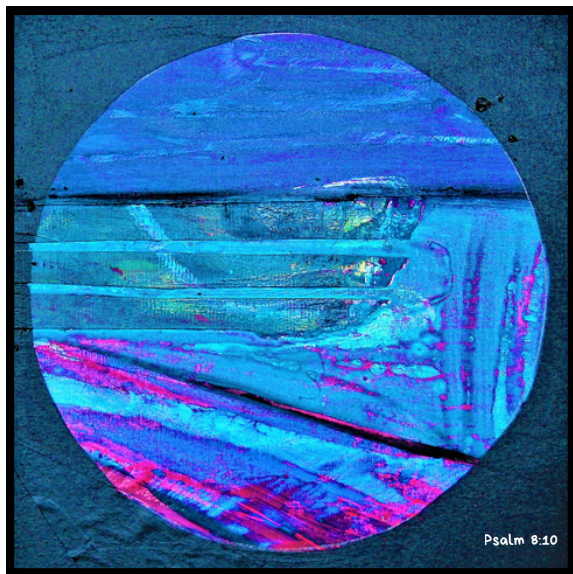




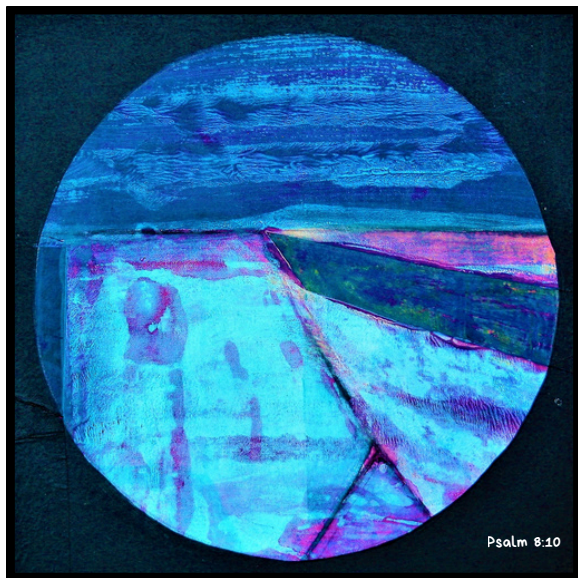
Psalm 8:10

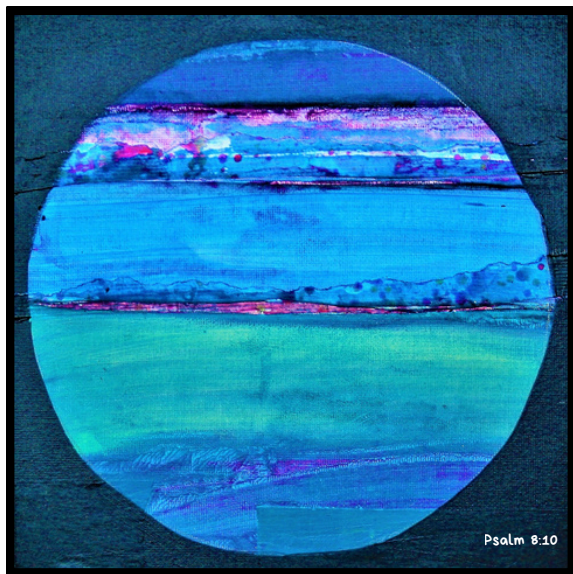
Those who know your name trust in you,
for you, Lord,
have never forsaken those who seek you.







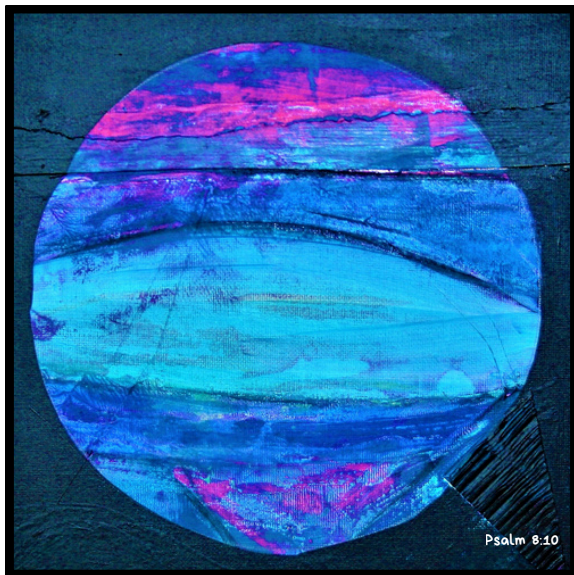




Psalm 8:10



Psalm 8:10



Psalm 8:10

Psalm 10:14

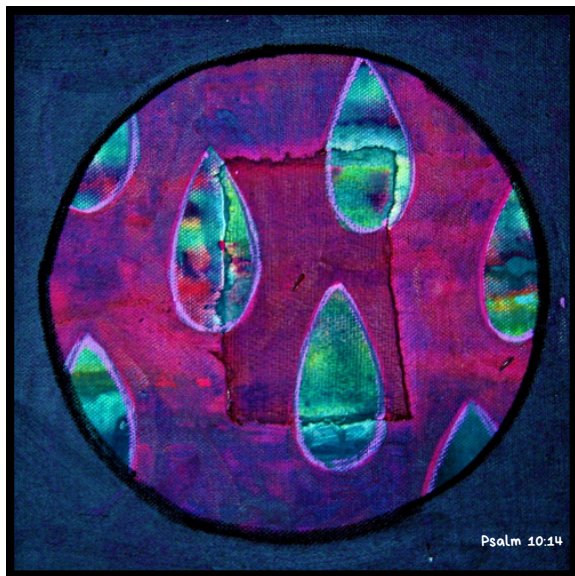
But you, God, see the trouble of the afflicted;
you consider their grief and take it in hand.
The victims commit themselves to you;
you are the helper of the fatherless.

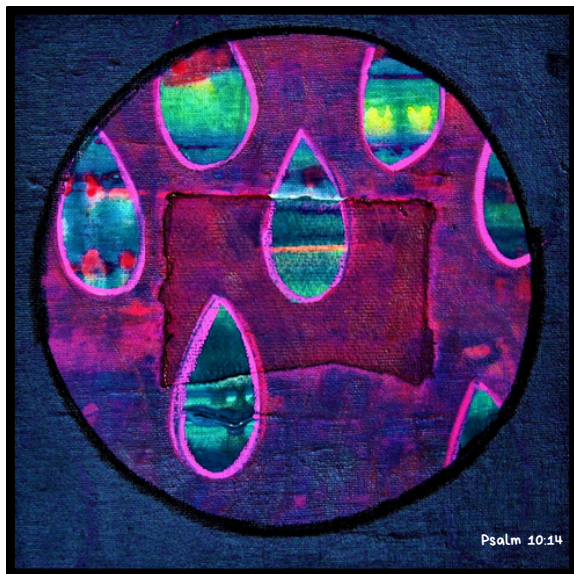




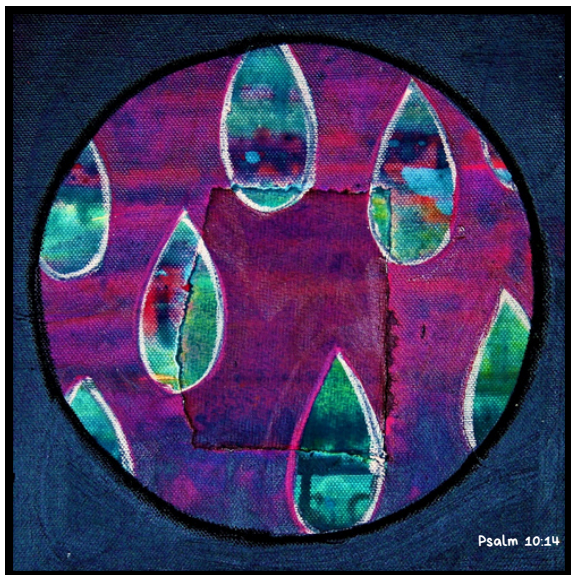


Psalm 10:14

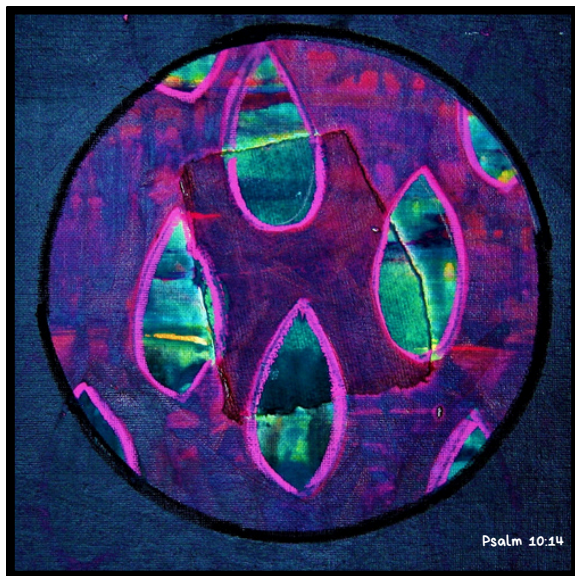




Psalm 10:14

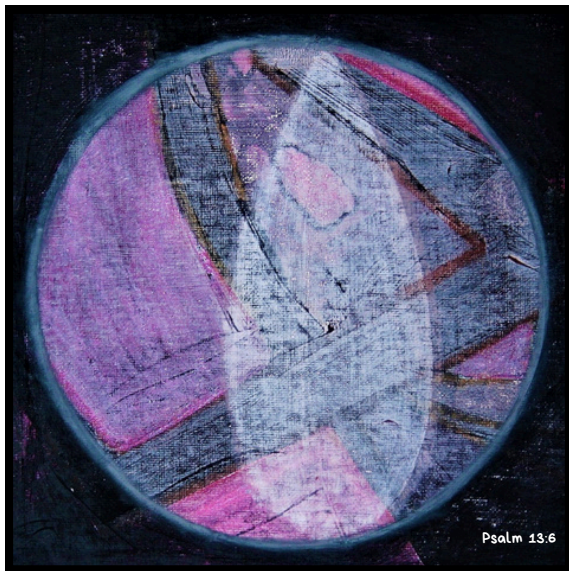


Psalm 10:14



Psalm 13:6

I will sing the Lord's praise,
for he has been good to me.



Psalm 13:6







Psalm 13:6



Psalm 13:6



Psalm 13:6



Psalm 16:11

You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.





Psalm 16:11



Psalm 16:11





Psalm 16:11





Psalm 18:28

You, Lord, keep my lamp burning;
my God turns my darkness into light.









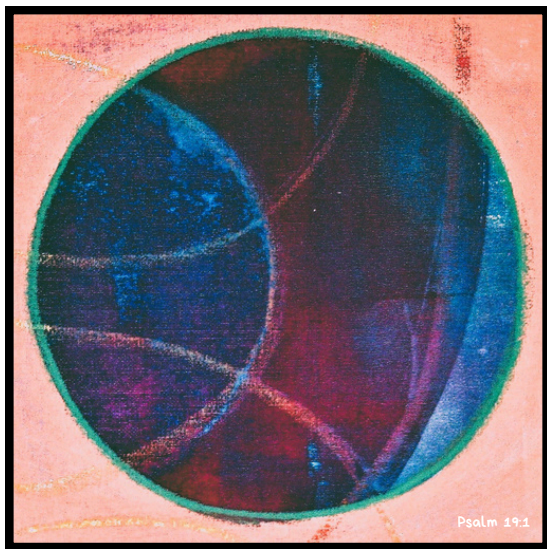


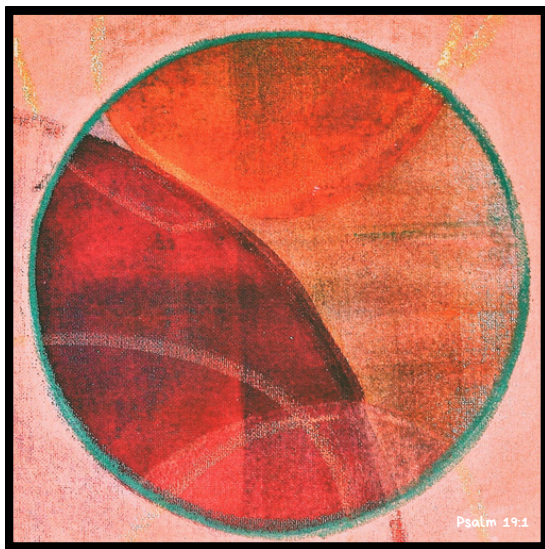


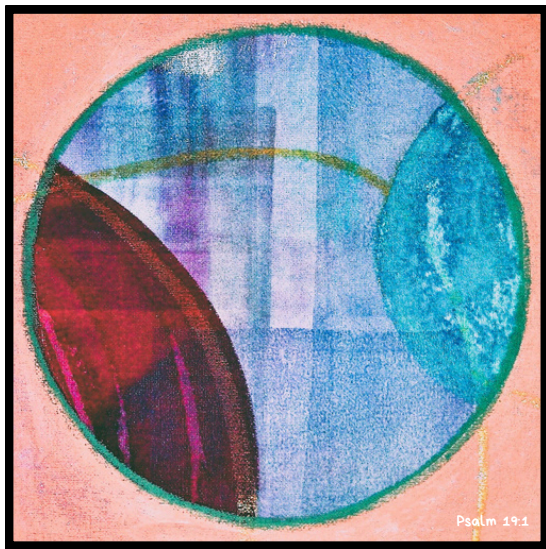


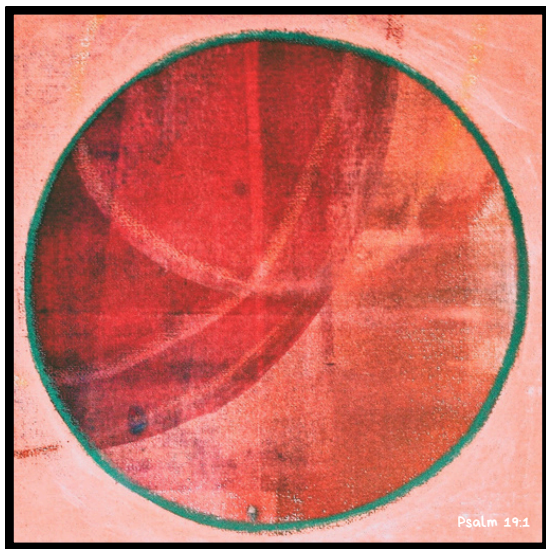
Psalm 19:1

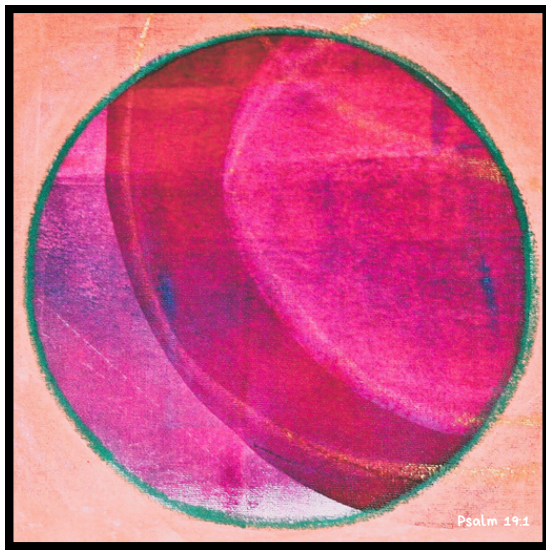
The heavens declare the glory of God;
the skies proclaim the work of his hands.

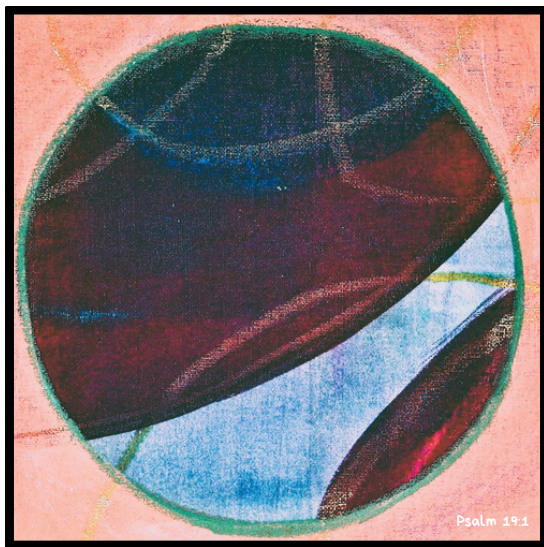


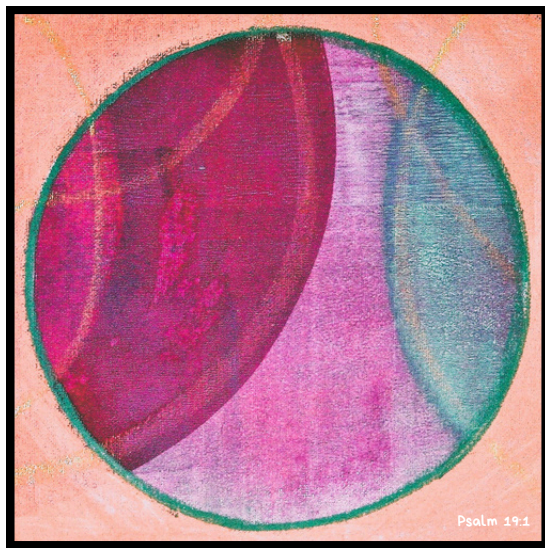












Psalm 22:24

For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help.



Psalm 22:24













Psalm 22:24

Psalm 24:1-2

The earth is the Lord's, and everything in it,
the world, and all who live in it;
for he founded it on the seas
and established it on the waters.



Psalms 24:1-2



Psalms 24:1-2



Psalms 24:1-2





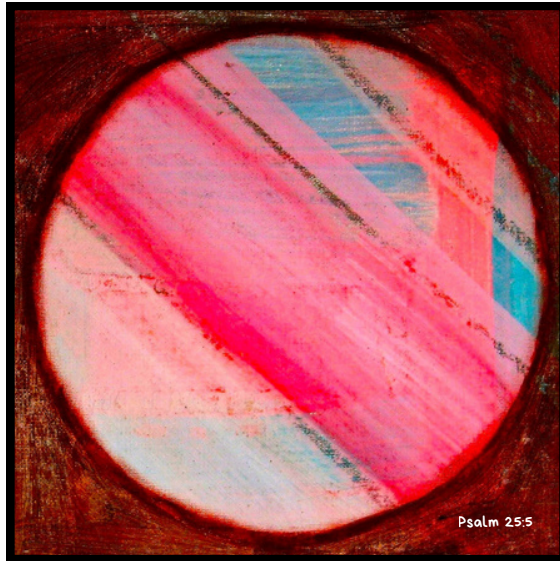


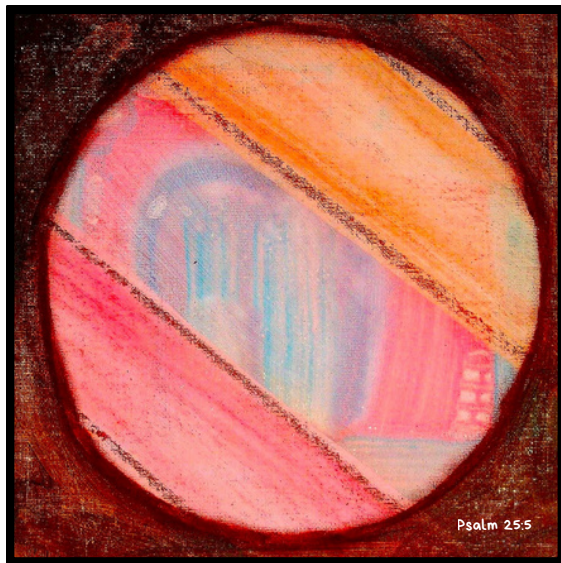


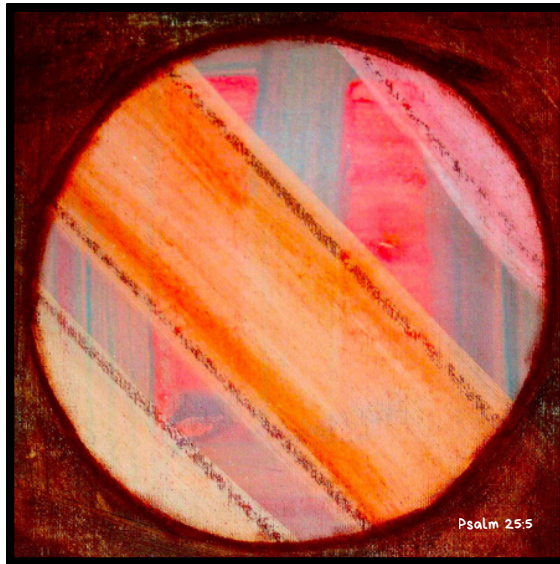
Psalms 24:1-2

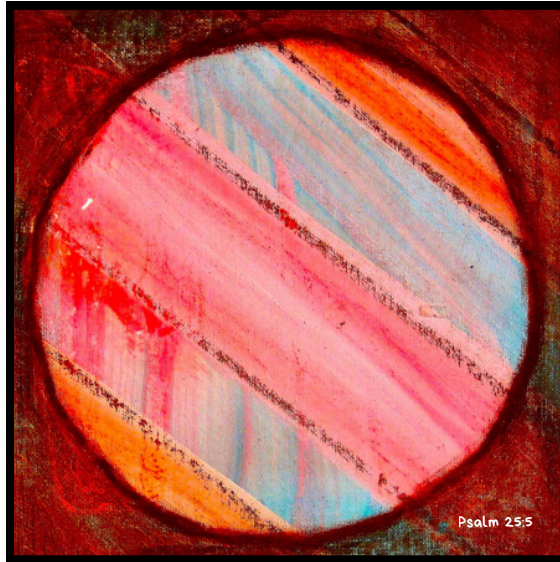
Psalm 25:5

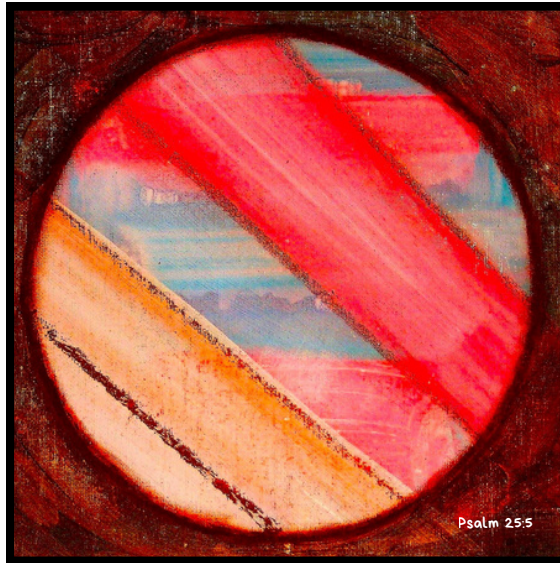
Guide me in your truth and teach me,
for you are God my Saviour,
and my hope is in you all day long.

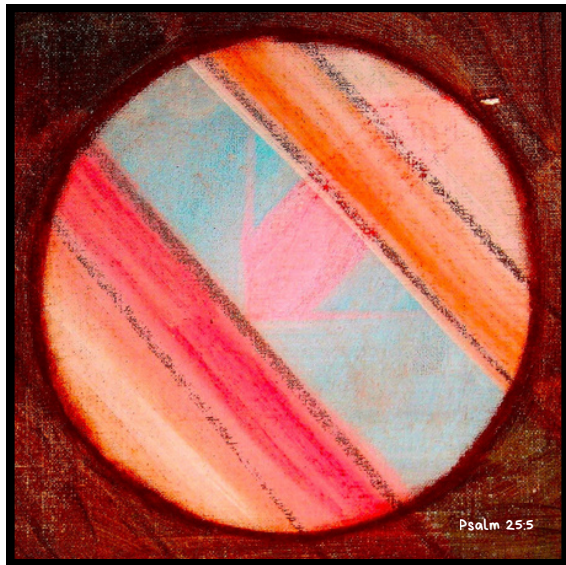


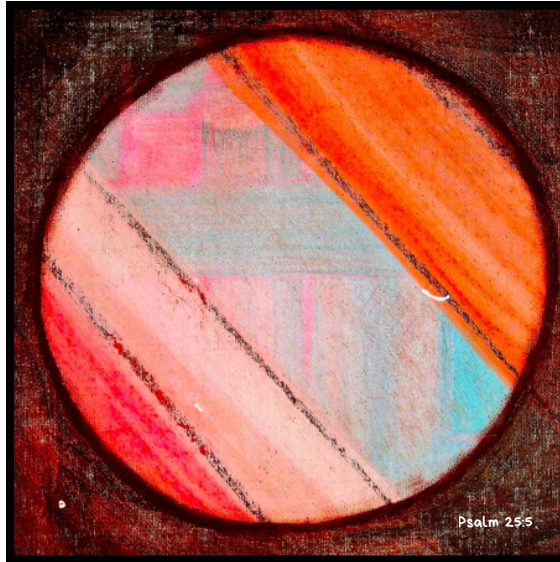








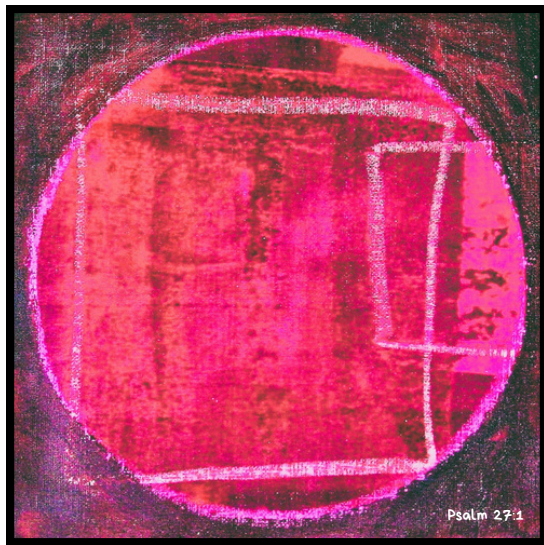


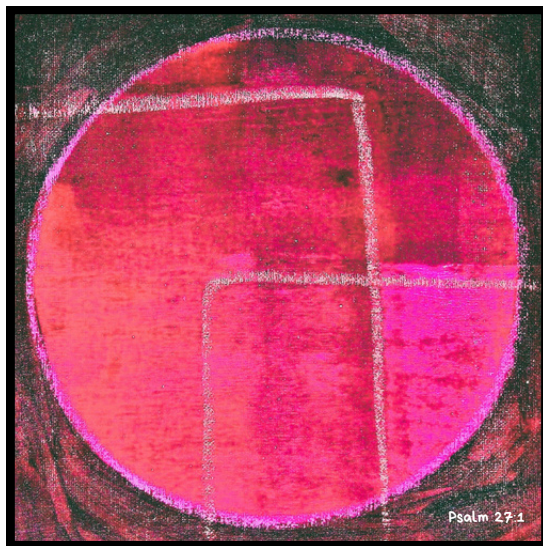


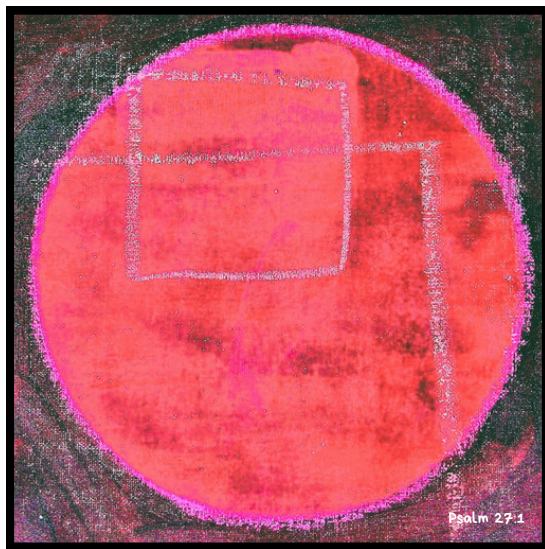
Psalm 27:1

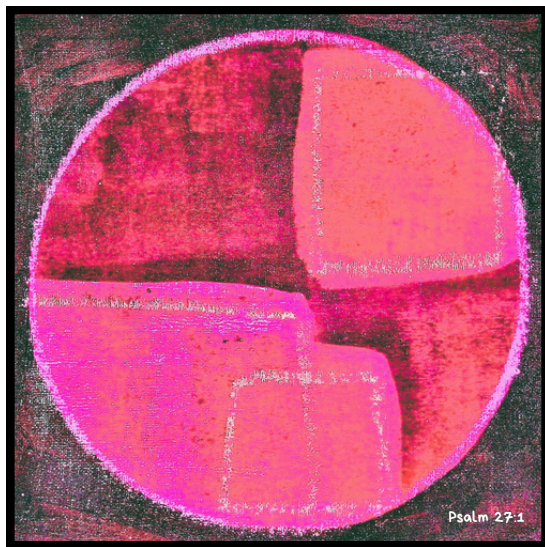
The Lord is my light and my salvation –
whom shall I fear?

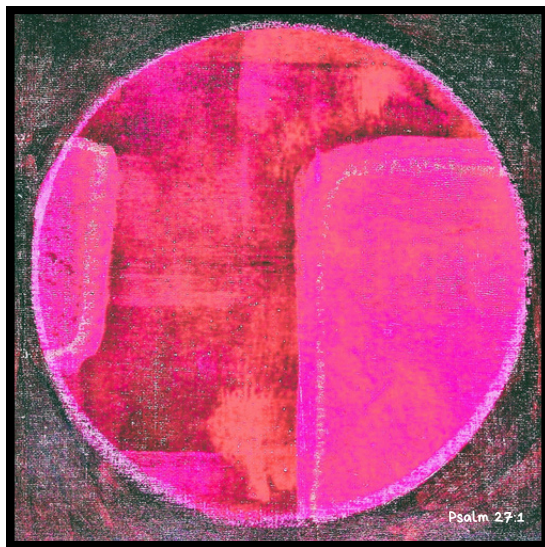
The Lord is the stronghold of my life –
of whom shall I be afraid?

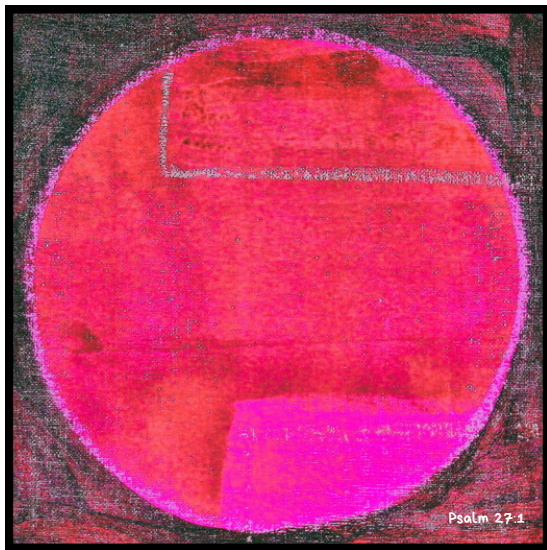


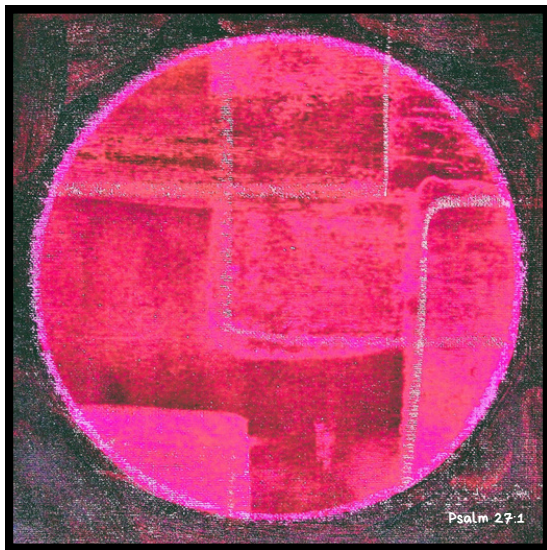








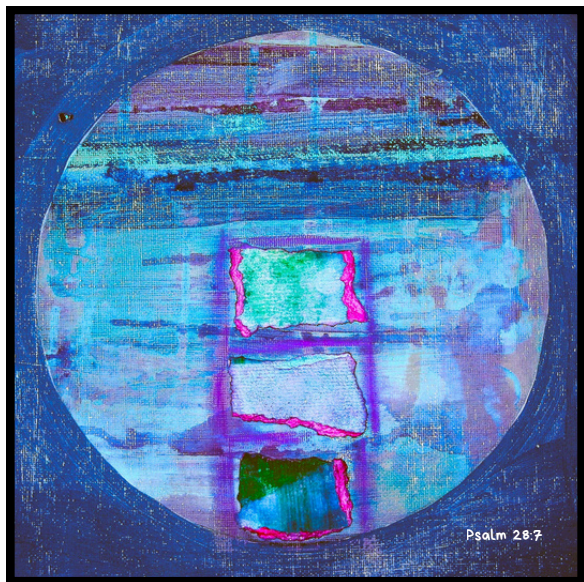


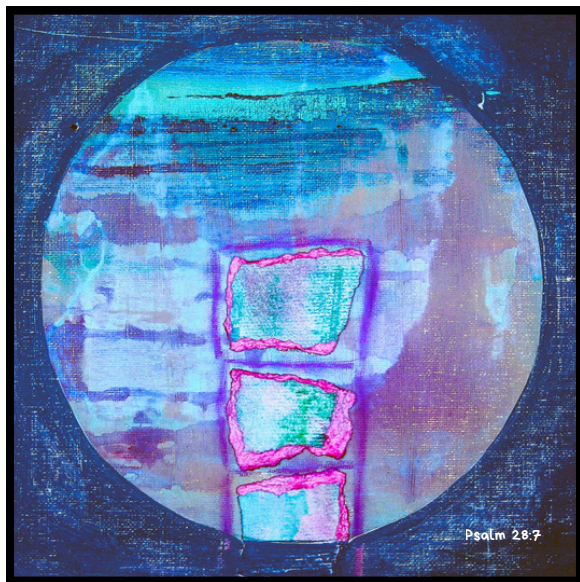


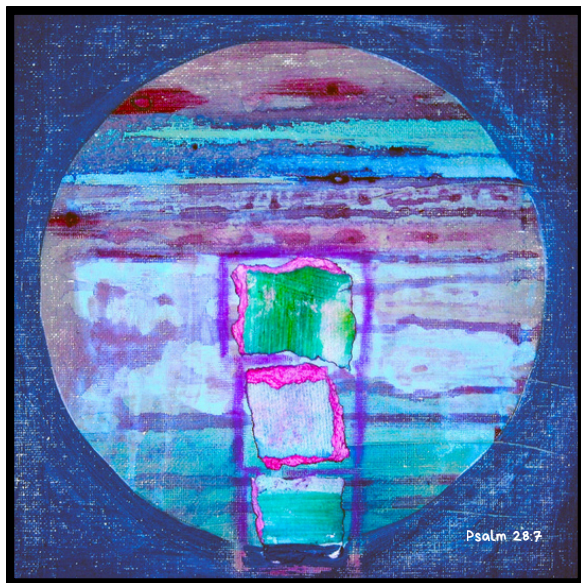
Psalm 28:7

The Lord is my strength and my shield;
my heart trusts in him, and he helps me.

My heart leaps for joy,
and with my song I praise him.



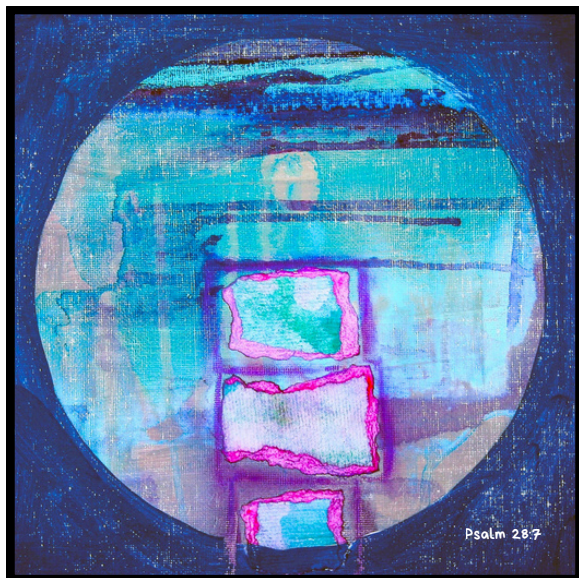




Psalm 28:7



Psalm 28:7







Psalm 28:7

Psalm 34:18

The Lord is close to the broken-hearted
and saves those who are crushed in spirit.

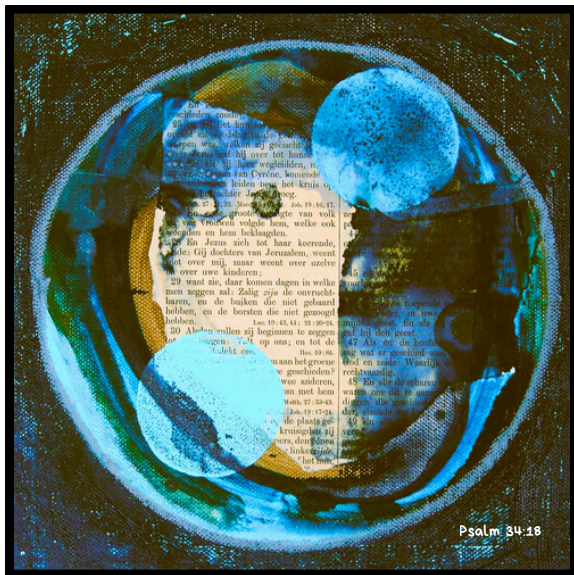


Psalm 34:18





Psalm 34:18



Psalm 34:18



Psalm 34:18



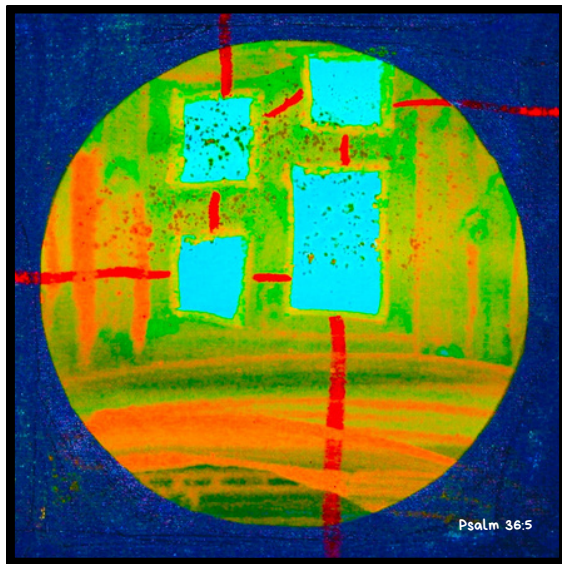
Psaln 34:18

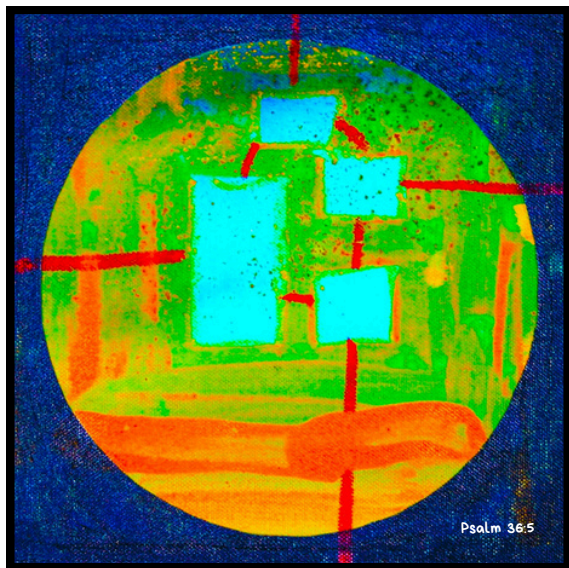


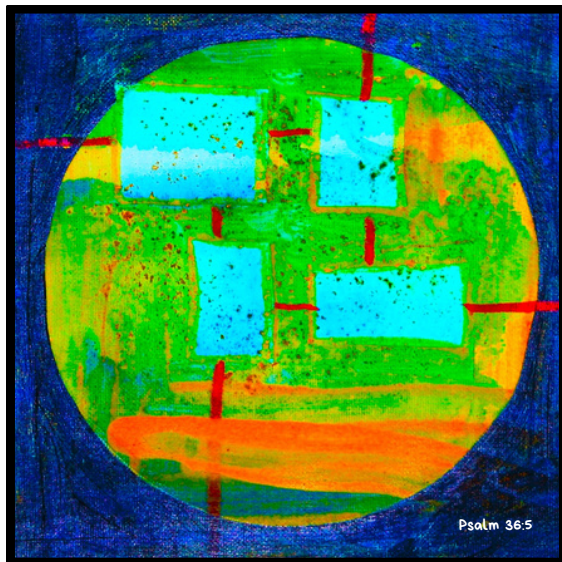
Psalm 34:18

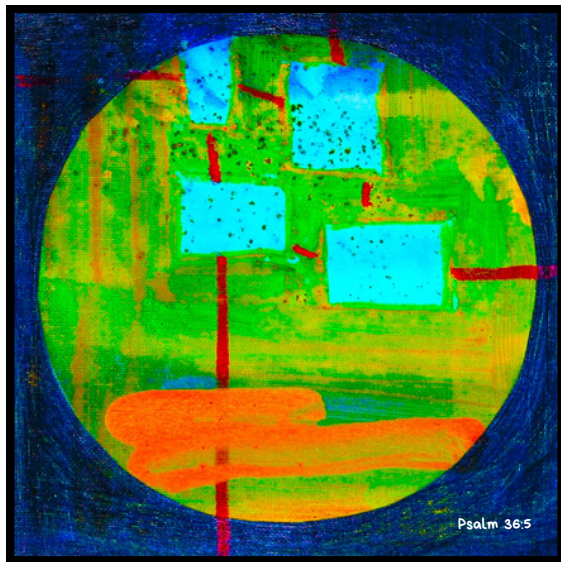
Psalm 36:5

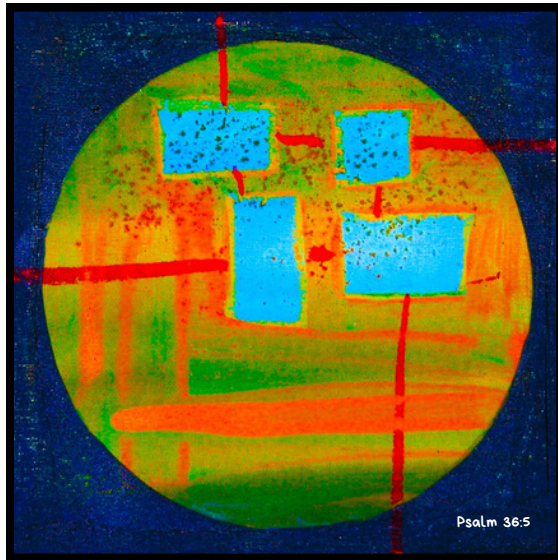
Your love, Lord, reaches to the heavens,
your faithfulness to the skies.

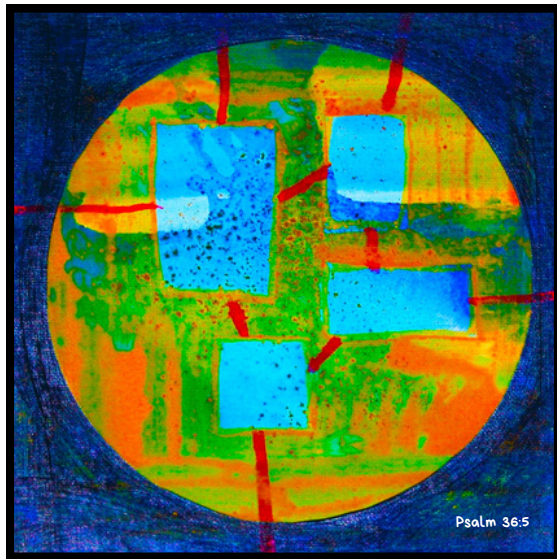


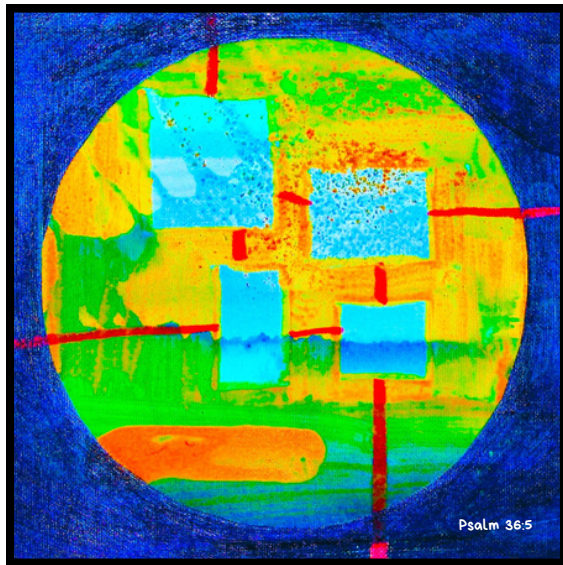






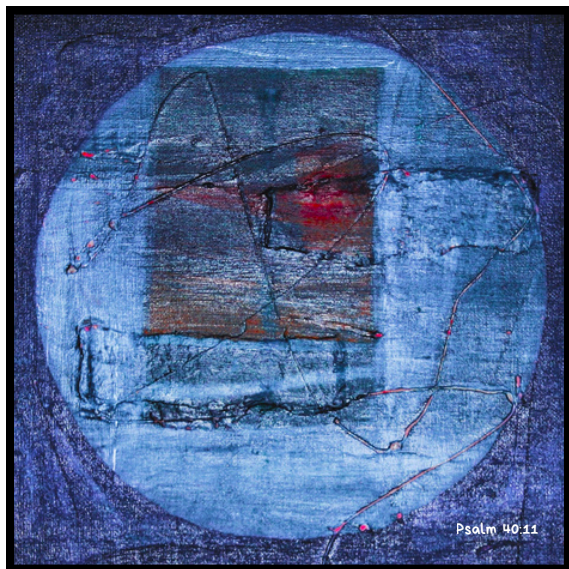






Psalm 40:11

Do not withhold your mercy from me, Lord;
may your love and faithfulness always protect me.

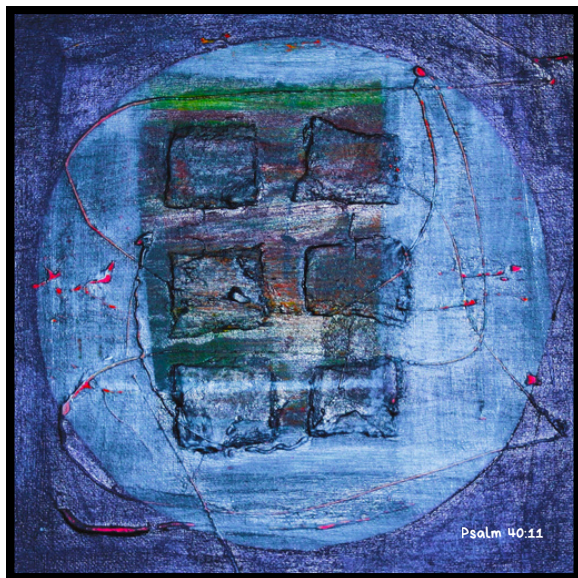




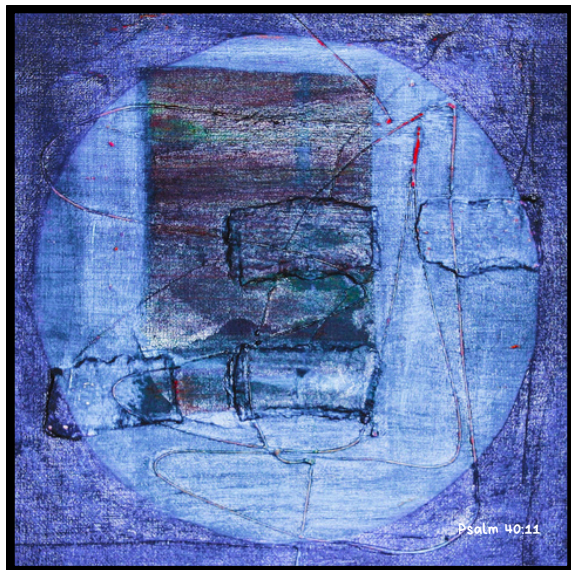


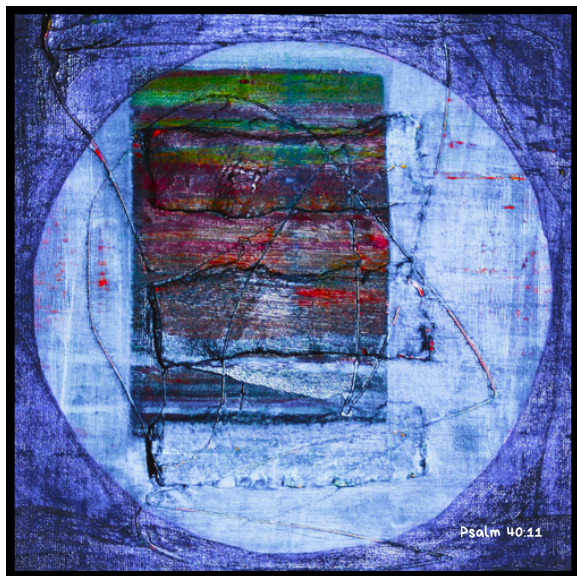


Psalm 40:11



Psalm 40:11





Psalms 40:11

Psalm 43:5

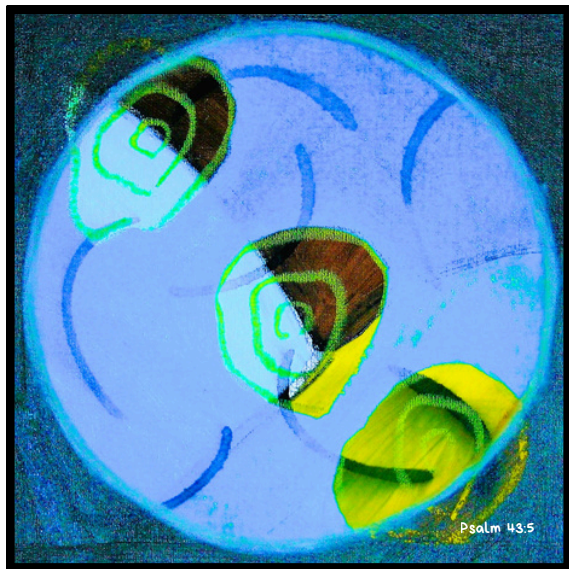
Why, my soul, are you downcast?

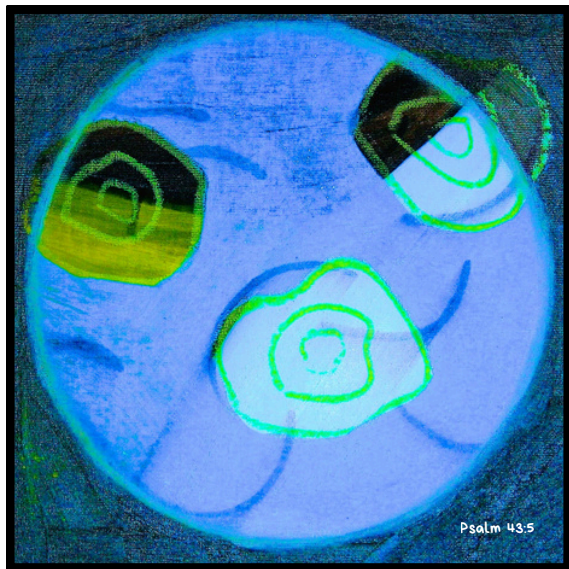
Why so disturbed within me?

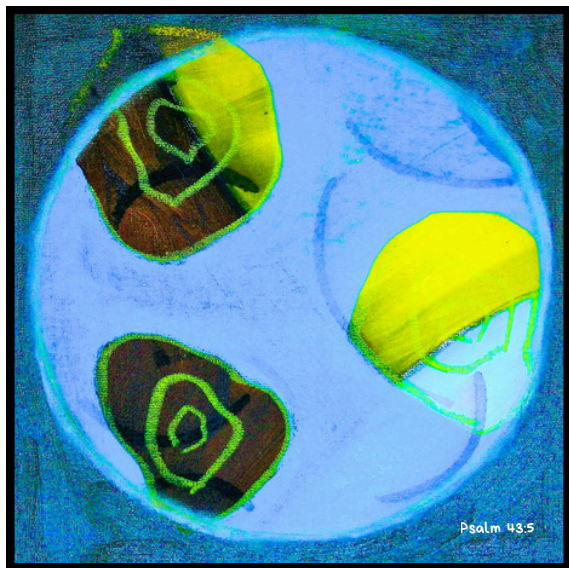
Put your hope in God,

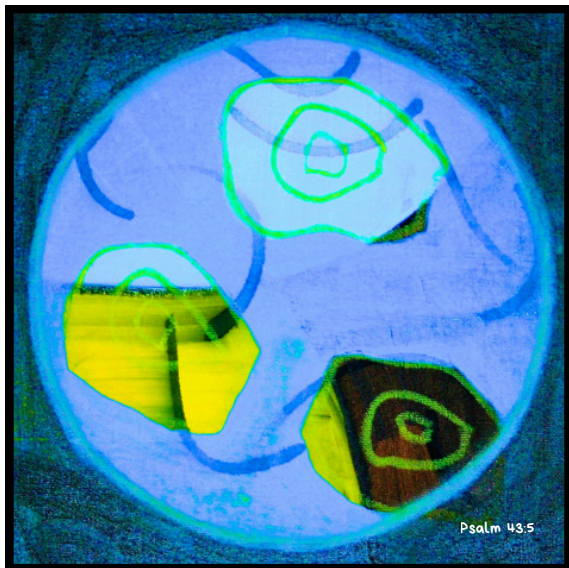
for I will yet praise him,

my Saviour and my God.

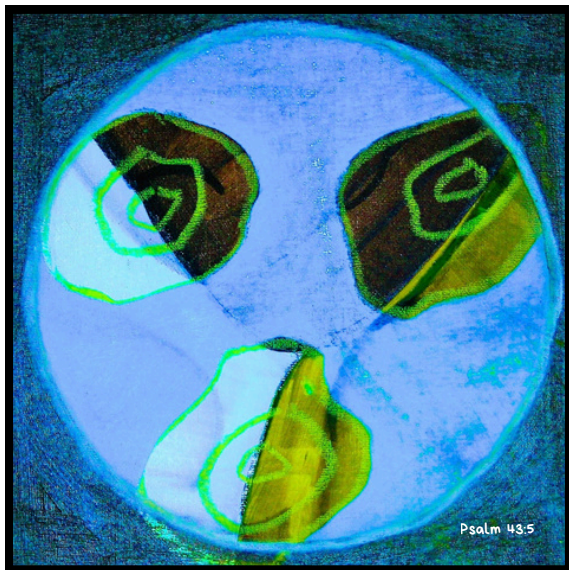


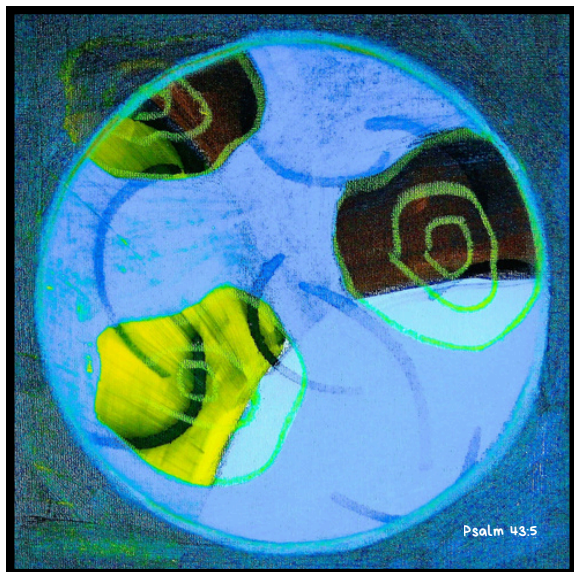












Psalm 62:6

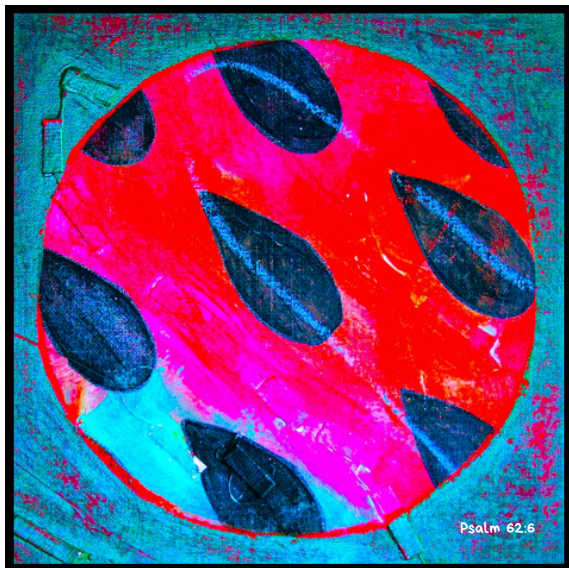
Truly he is my rock and my salvation;
he is my fortress, I shall not be shaken.









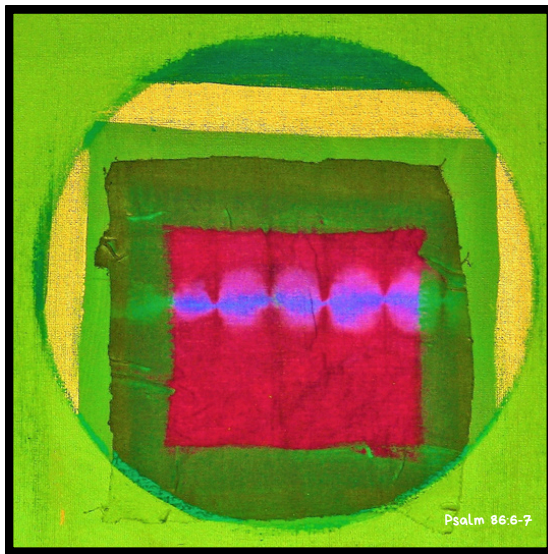


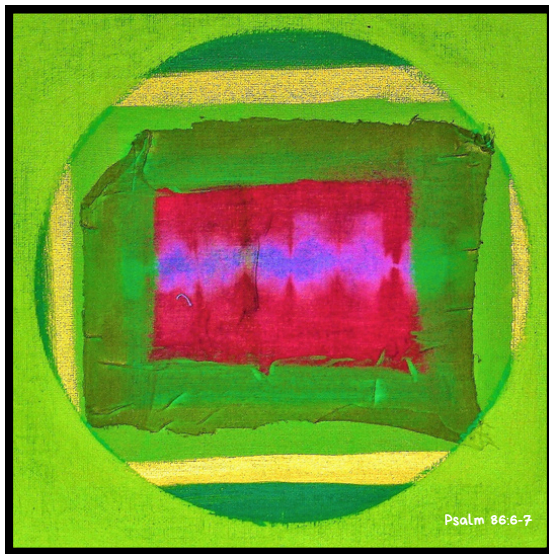




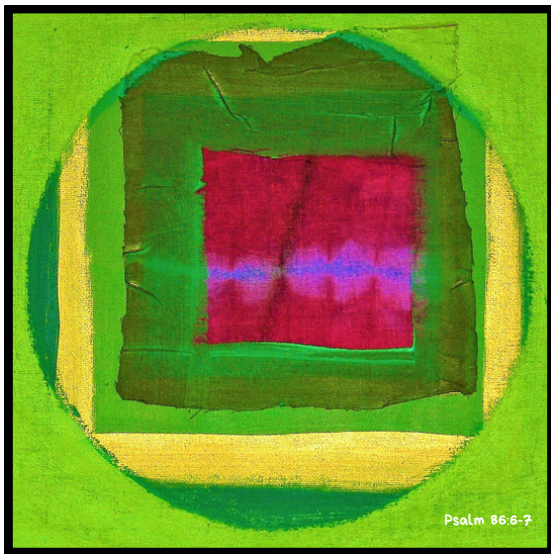
Psalm 86:6-7

Hear my prayer, Lord;
listen to my cry for mercy.
When I am in distress, I call to you,
because you answer me.

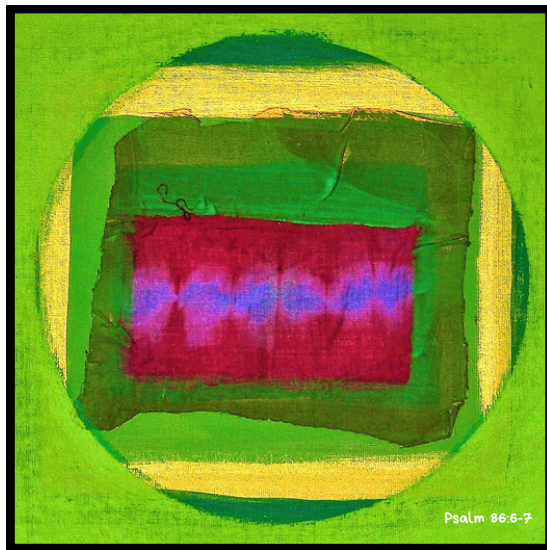


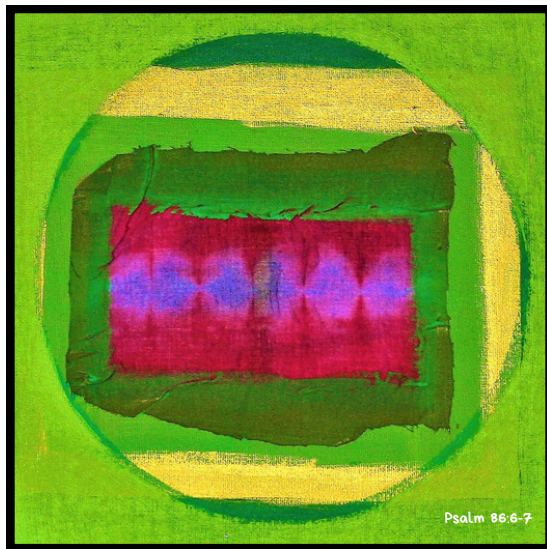


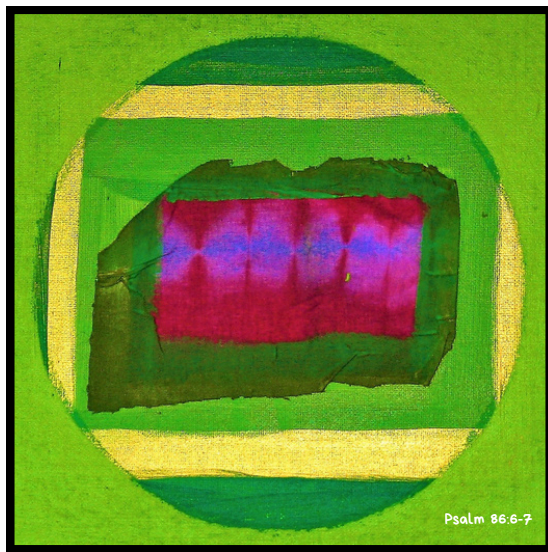
Psalms 86:6-7

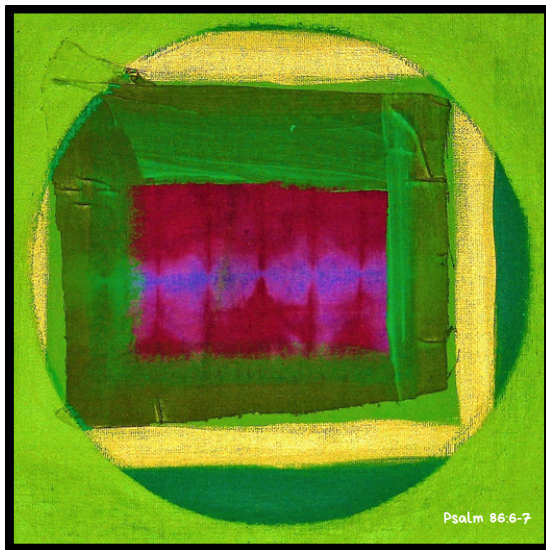


Psalm 86:6-7



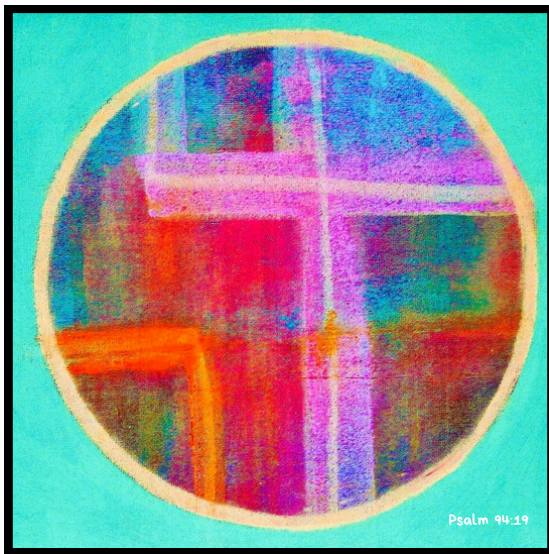




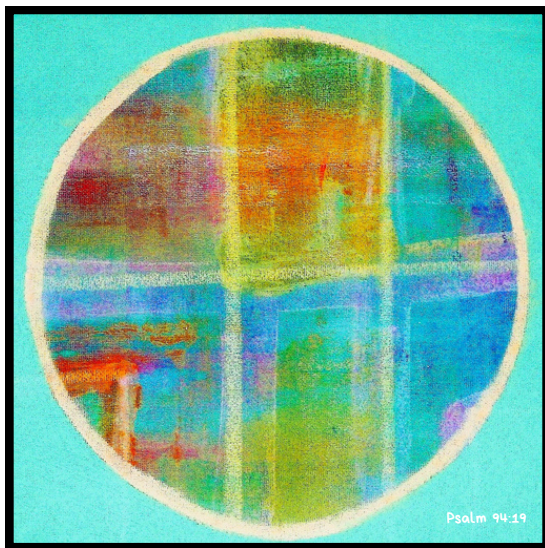


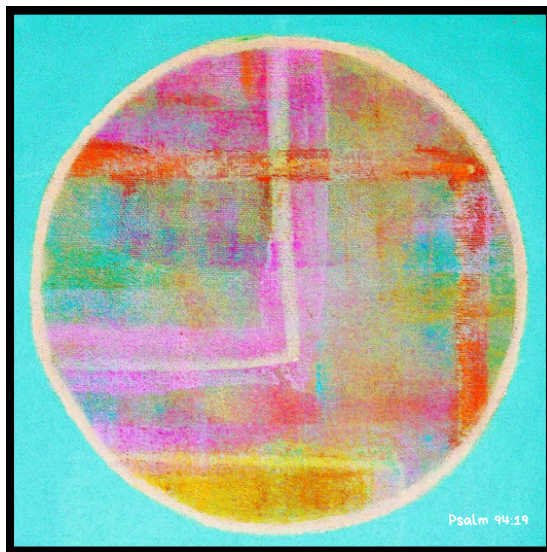
Psalm 94:19

When anxiety was great within me,
your consolation brought me joy.



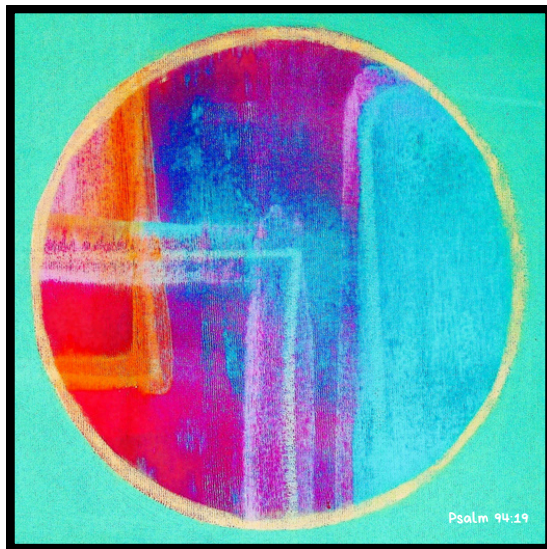
Psalm 94:19







Psalm 94:19





Psalm 94:19



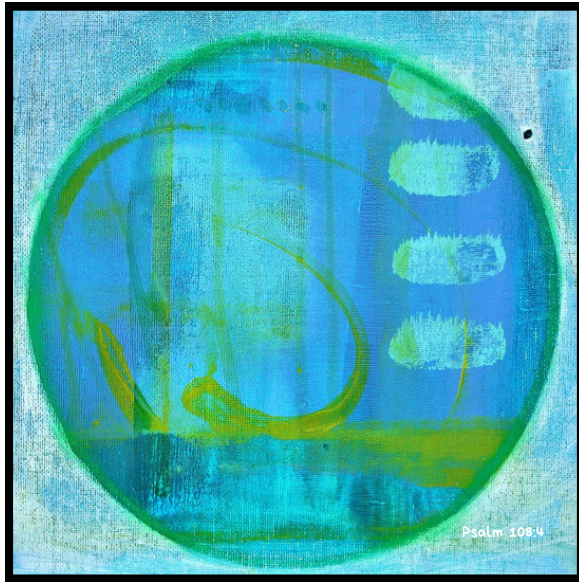
Psalm 108:4

For great is your love, higher than the heavens;
your faithfulness reaches to the skies.

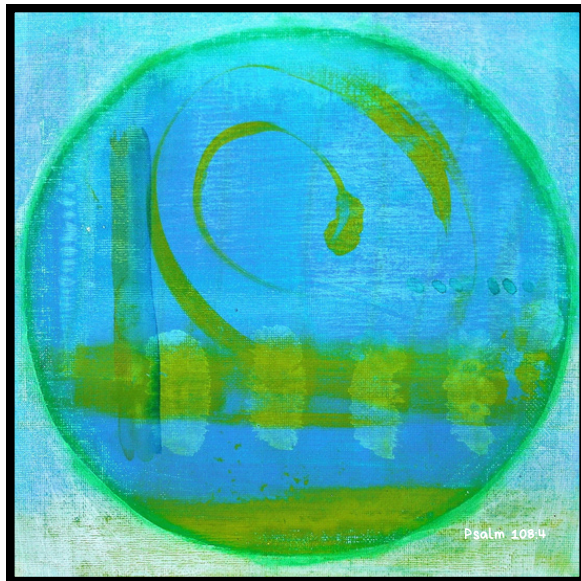




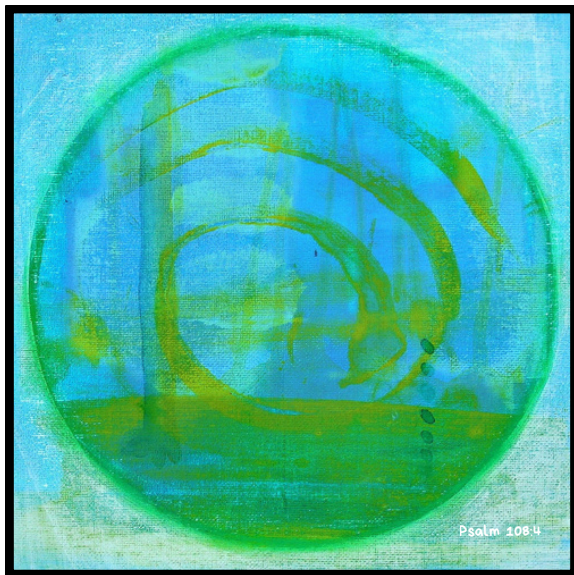




Psalm 108:4

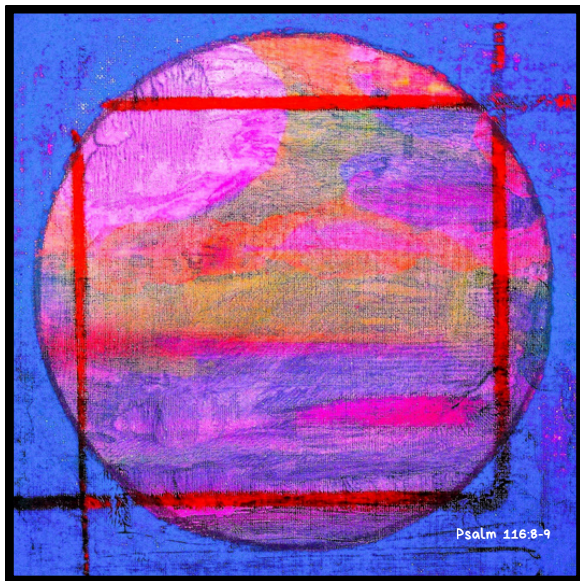


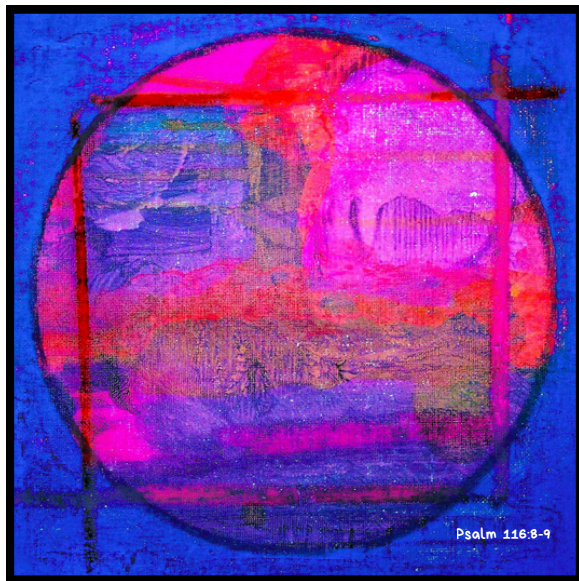


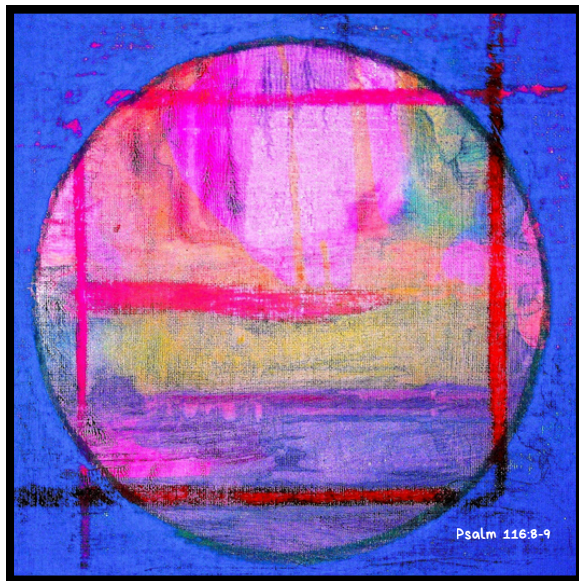


Psalm 116:8-9

For you, Lord, have delivered me from death,
my eyes from tears,
my feet from stumbling,
that I may walk before the Lord
in the land of the living.

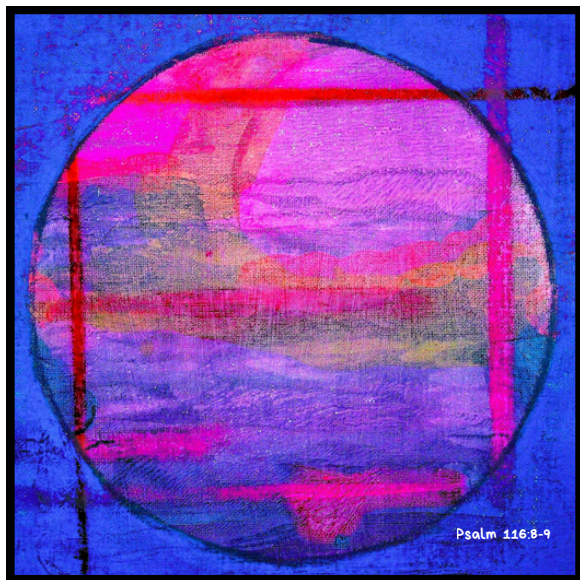


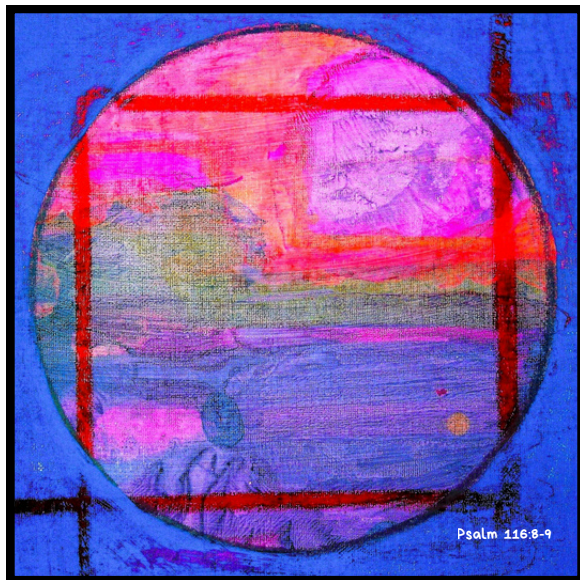












Psalm 138:3

When I called, you answered me;
you greatly emboldened me.









Psalm 138:3



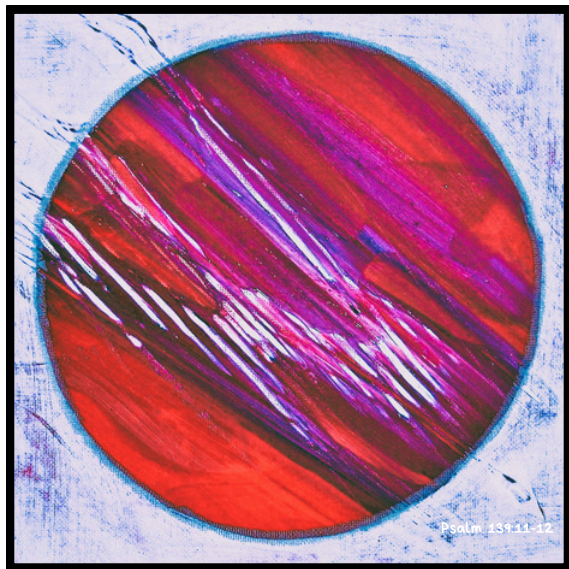
Psalm 138:3

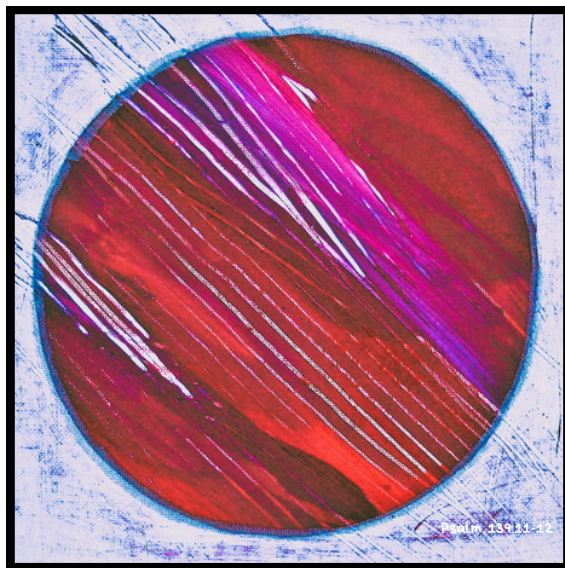




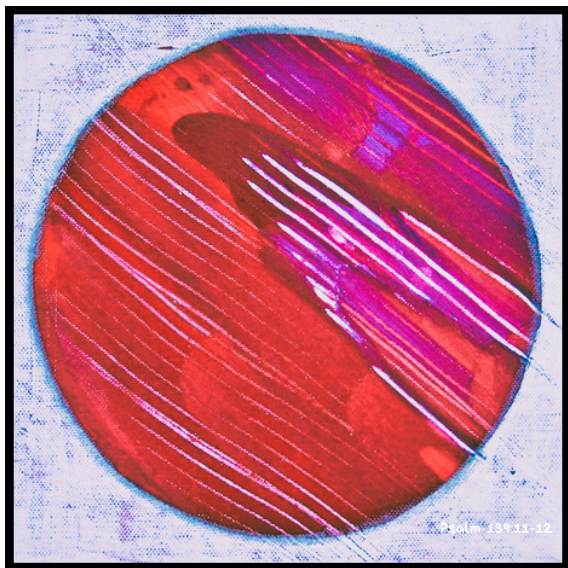
Psalm 139:11-12

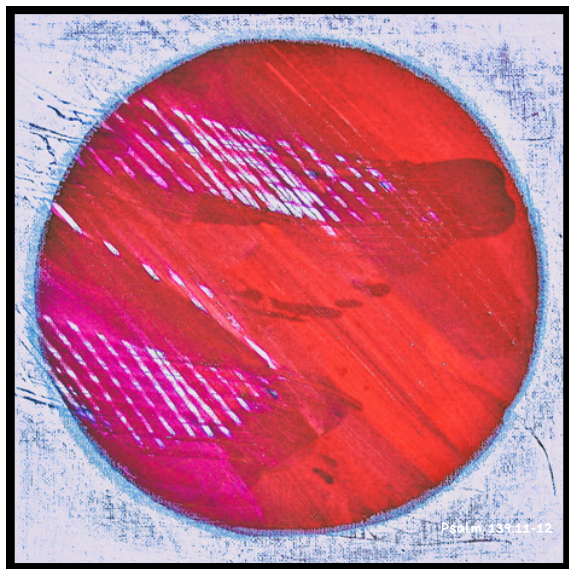
If I say, 'Surely the darkness will hide me
and the light become night around me,'
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.



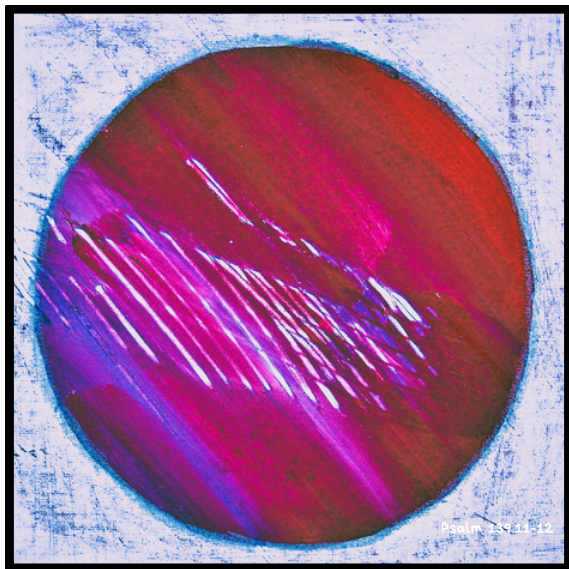


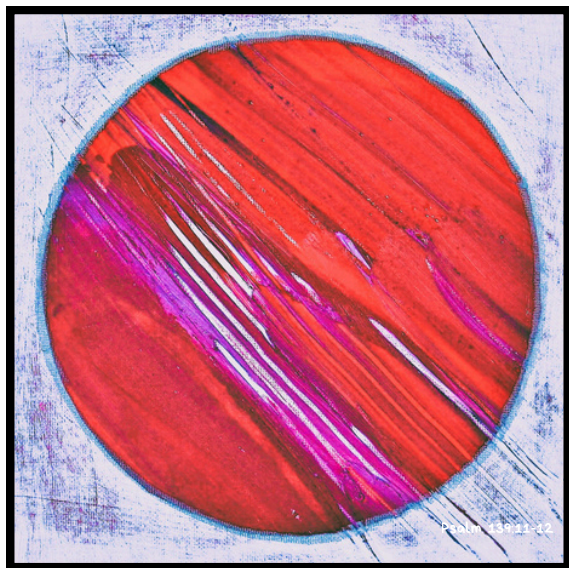






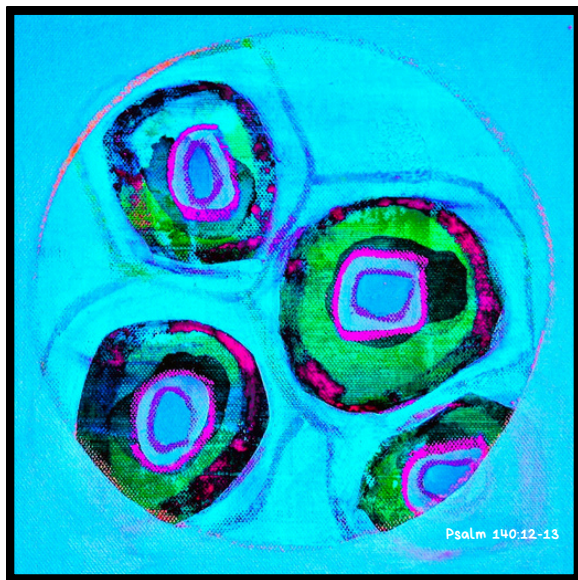
Psalm 135:11-12

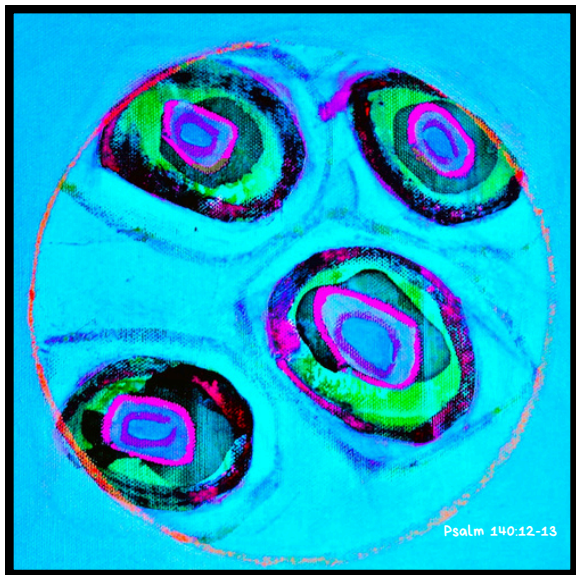


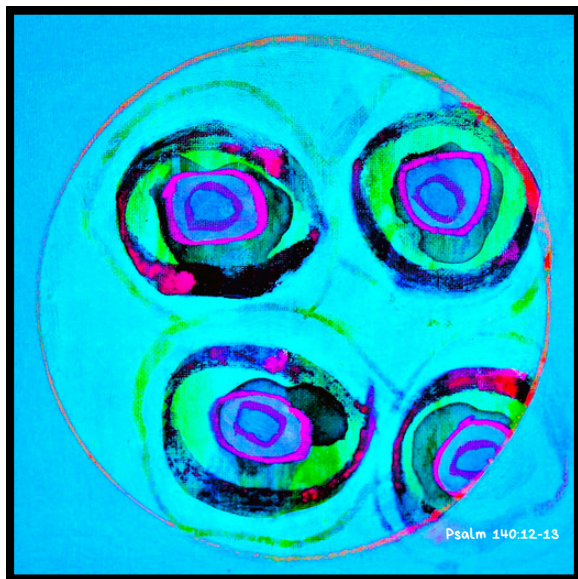


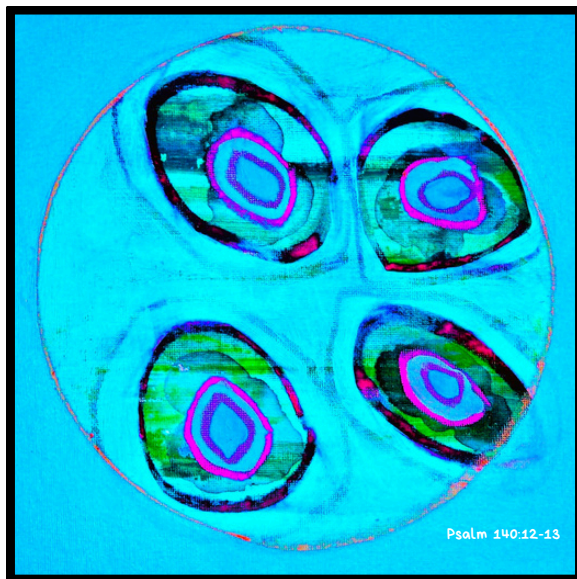
Psalm 140:12-13

I know that the Lord secures justice for the poor
and upholds the cause of the needy.
Surely the righteous will praise your name,
and the upright will live in your presence.





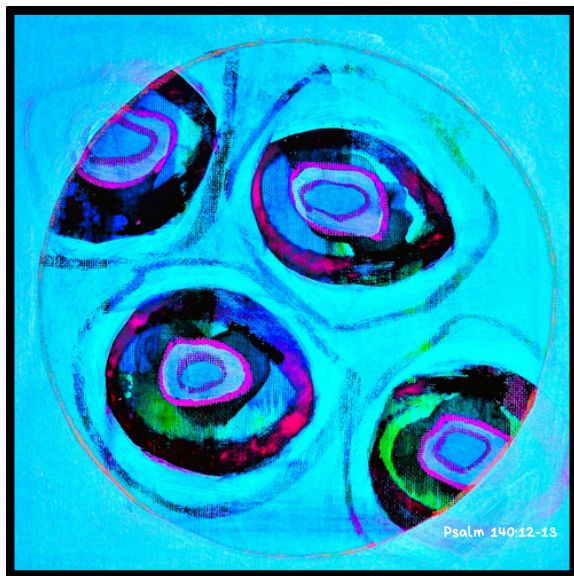


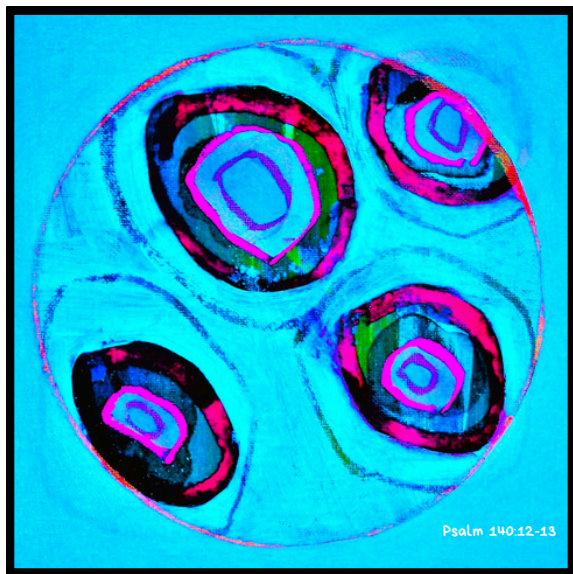


Psalm 140:12-13



Psalms 140:12-13



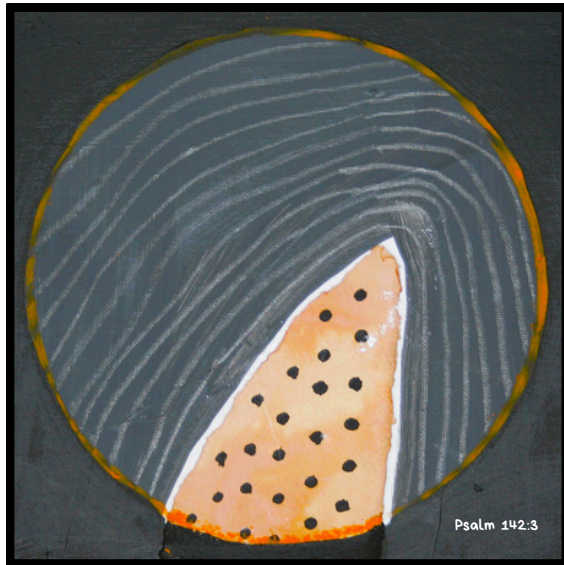


Psalm 142:3

When my spirit grows faint within me,
it is you who watch over my way.









Psalm 142:3







Psalm 143:8

Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go,
for to you I entrust my life.



Psalm 143:8



Psalm 143:8



Psalm 143:8





Psalm 143:8



Psalm 143:8



Psalm 145:9

The Lord is good to all;
he has compassion on all he has made.









Psalm 145:9







Psalm 145:14

The Lord upholds all who fall
and lifts up all who are bowed down.















Psalm 145:14

Psalm 145:18

The Lord is near to all who call on him,
to all who call on him in truth.



Psalms 145:18





Psalms 145:18









Psalm 146:5-6

Blessed are those whose help is the God of Jacob,
whose hope is in the Lord their God.
He is the Maker of heaven and earth,
the sea, and everything in them –
he remains faithful for ever.









Psalm 146:5-6







Psalm 147:3

He heals the broken-hearted
and binds up their wounds.



Psalm 147:3





Psalm 147:3



Psalm 147:3







Psalm 147:3

Psalm 147:8-9

He covers the sky with clouds;
he supplies the earth with rain
and makes grass grow on the hills.
He provides food for the cattle
and for the young ravens when they call.



Psalm 147:8-9



Psalm 147:8-9











Psalm 147:8-9

Psalm 148:1-2

Praise the Lord.

Praise the Lord from the heavens;
praise him in the heights above.

Praise him, all his angels;
praise him, all his heavenly hosts.















Psalm 148:3-4

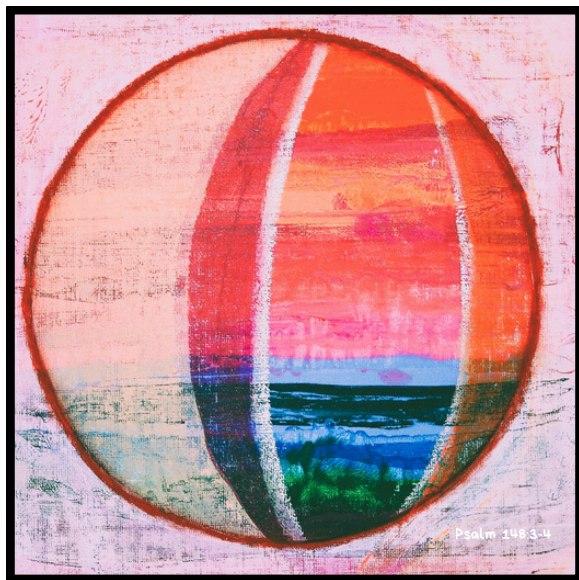
Praise him, sun and moon;
praise him, all you shining stars.
Praise him, you highest heavens
and you waters above the skies.













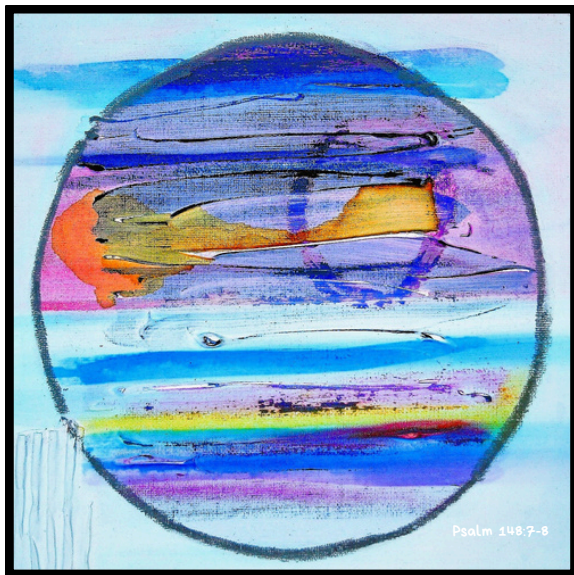
Psalm 148:3-4



Psalm 148:7-8

Praise the Lord from the earth,
you great sea creatures and all ocean depths,
lightning and hail, snow and clouds,
stormy winds that do his bidding...





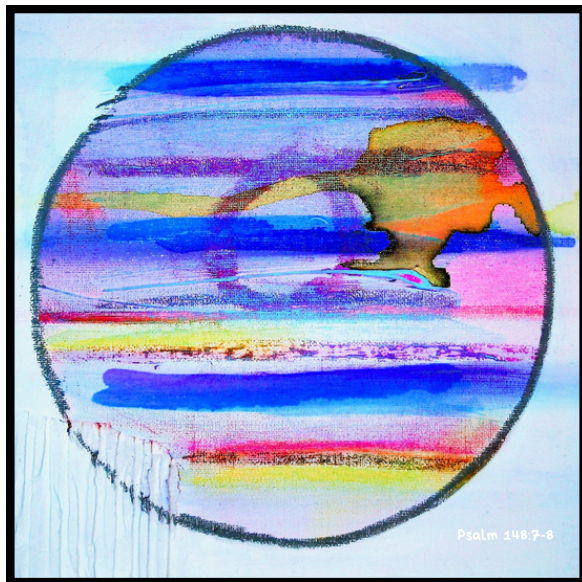


Psalm 148:7-8



Psalm 148:7-8

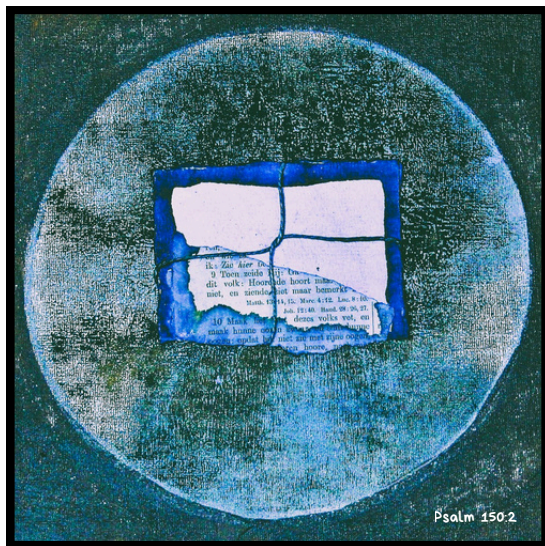






Psalm 150:2

Praise him for his acts of power;
praise him for his surpassing greatness.





Psalm 150:2





Psalms 150:2





Psalm 150:2

Psalm 150:6

Let everything that has breath praise the Lord.
Praise the Lord.







Psalm 150:6









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's 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 I will dwell in the house of the Lord
for ever.



Psalms 23