The Valley

Psalm 23: a four-week walk through grief

רֹעִי

Ro'i: my shepherd

My name _____ Our group meets _____ Leader _____

HOW THIS WALK WORKS

- Walk one day at a time in the Hereph app, on your own phone. Each day takes a few quiet minutes, and you can go gently.
- Once a week, the group gathers to share what the week stirred. Bring this handout; each week has its own page with questions to sit with ahead of time.
- No one is behind. The app holds your place, and you can share from whatever day you are on.
- Days 1 to 7 are free for everyone. Days 8 to 28 are supporter-backed ($4.99 a month or $39.99 a year). If you stay in the free week, you are fully part of the group and the conversation.

GETTING IN

Open **app.hereph.app** on your phone, or scan the code. There is nothing to download and no account needed to begin. Tap **Paths**, open the **Grief & Loss** lane, and choose **The Valley** (Through the Shadow). Begin Day 1 when your leader launches the walk.

To put Hereph on your home screen, or to keep your walk on more than one device, see **hereph.app/start**.

Open the app
app.hereph.app

Get started
hereph.app/start

OUR AGREEMENTS

- What is shared here stays here.
- We do not fix, compare losses, or put a timeline on anyone's grief.
- No one has to share, and no one is asked for the story behind an answer. Tears are welcome.

AT THE KICKOFF WE READ

Psalm 23 · Psalm 46:10

"Be still, and know that I am God." PSALM 46:10 · KJV

WEEK 1 · DAYS 1 TO 7 · FREE FOR EVERYONE

You Are With Me

Before we meet: walk Days 1 to 7 in the app, one a day.

THIS WEEK'S WORDS

DAY	WORD	HEBREW	MEANING	ANCHOR
1	**Emek**	עֵמֶק	Valley: a deep place between high places	Ps 23:4
2	**Dim'ah**	דִּמְעָה	Tear: every one kept in His bottle	Ps 56:8
3	**Qarov**	קָרוֹב	Near: close to the brokenhearted	Ps 34:18
4	**Shever**	שֶׁבֶר	Break: a real shattering, and He binds it	Ps 147:3
5	**Nacham**	נָחַם	Comfort: at its root, to breathe deeply with	Isa 40:1
6	**Immadi**	עִמָּדִי	With me: at my side in the valley	Ps 23:4
7	**Tiqvah**	תִּקְוָה	Hope: a cord you can hold	Hos 2:15

READ ALOUD TOGETHER

Psalm 23

QUESTIONS TO SIT WITH

1. “Yea, though I walk through the valley of the shadow of death” (**Emek**, Psalm 23:4). The psalm says through, not around. What has it been like to name your valley out loud this week?
2. “Put thou my tears into thy bottle” (**Dim'ah**, Psalm 56:8). What have you been holding back because you were afraid that if you started, you would not stop?
3. “The LORD is nigh unto them that are of a broken heart” (**Qarov**, Psalm 34:18). Where did He feel near this week, even a little, and where did He feel far?
4. “Comfort ye, comfort ye my people” (**Nacham**, Isaiah 40:1). Who has God sent to sit with you in this, and have you let them?

Go deeper: Shever. Day 4 asked what you have been blaming yourself for that you would never blame someone else for. If you are willing, what would you say to a friend carrying that same blame? *(Passing is a full answer.)*

MY NOTES

The Long Sorrow

Before we meet: walk Days 8 to 14 in the app, one a day.

THIS WEEK'S WORDS

DAY	WORD	HEBREW	MEANING	ANCHOR
8	**Ad-anah**	עַד־אָנָה	How long: the lament question	Ps 13:1–2
9	**Anachah**	אֲנָחָה	Sigh: groaning too deep for words	Ps 38:9
10	**Layla**	לַיְלָה	Night: weeping may endure for a night	Ps 30:5
11	**Shakach**	שָׁכַח	To forget: the lie that you are forgotten	Ps 42:9
12	**Tehom**	תְּהוֹם	The deep: waves you cannot touch bottom in	Ps 42:7
13	**Nephesh**	נֶפֶשׁ	Soul: speaking kindly to your own soul	Ps 42:11
14	**Yachal**	יָחַל	To wait with hope: watching for the morning	Ps 130:5–6

READ ALOUD TOGETHER

Psalm 13

QUESTIONS TO SIT WITH

1. "How long wilt thou forget me, O LORD?" (**Ad-anah**, Psalm 13:1). The psalms let grieving people ask God hard questions, and they are still Scripture. What is the "how long" you have been afraid to say out loud?
2. The meals stop and the world moves on long before the grief does. What has the long middle been like for you, after everyone else went back to normal?
3. "Weeping may endure for a night" (**Layla**, Psalm 30:5). What hour of the day or night is hardest right now, and what is one gentle thing that helps you through it?
4. "Why art thou cast down, O my soul?" (**Nephesh**, Psalm 42:11). If you spoke to your own soul today the way you would speak to a grieving friend, what would you say?

Go deeper: Tehom. "All thy waves and thy billows are gone over me" (Psalm 42:7). Grief often comes in waves. What happens when you stop fighting the wave and let it pass through?

MY NOTES

Carrying and Remembering

Before we meet: walk Days 15 to 21 in the app, one a day.

THIS WEEK'S WORDS

DAY	WORD	HEBREW	MEANING	ANCHOR
15	**Laqach**	לָקַח	To take: the LORD gave, and hath taken away	Job 1:21
16	**Racham**	רַחַם	Compassion: womb-deep, new every morning	Lam 3:31–32
17	**Sapar**	סָפַר	To recount: telling their story	Ps 78:4
18	**Matstsebah**	מַצֵּבָה	Memorial stone: a marker set up to remember	Gen 35:20
19	**Keli**	כְּלִי	Vessel: broken, and not thrown away	Ps 31:12
20	**Tanchum**	תַּנְחוּם	Consolation: comfort when thoughts multiply	Ps 94:19
21	**Rinnah**	רִנָּה	Shout of joy: the harvest after tears	Ps 126:5–6

READ ALOUD TOGETHER

Lamentations 3:21–26

QUESTIONS TO SIT WITH

1. Job said, “the LORD gave, and the LORD hath taken away” (**Laqach**, Job 1:21), right after losing his children. Leave the hard questions in that verse open. What were you given in this person that you would still say thank you for, even now?
2. Telling the story (**Sapar**) is part of how grief is carried. If you would like, tell us one story about them that you do not want the world to forget.
3. Jacob “set a pillar upon her grave” when Rachel died (**Matstsebah**, Genesis 35:20). What is one lasting way you could mark this person's life?
4. “I am like a broken vessel” (**Keli**, Psalm 31:12). What has grief told you about your own worth that simply is not true?

Go deeper: Rinnah. “They that sow in tears shall reap in joy” (Psalm 126:5). What might God be planting in you through these tears that you cannot fully see yet?

MY NOTES

WEEK 4 · DAYS 22 TO 28

Hope That Outlives the Grave

Before we meet: walk Days 22 to 28 in the app, one a day. This is the last week of the walk.

THIS WEEK'S WORDS

DAY	WORD	ORIGINAL	MEANING	ANCHOR
22	**Go'el**	גֹּאֵל	Redeemer: the one who buys back what was lost	Job 19:25–27
23	**Koimaō**	κοιμάω	Greek: to fall asleep; until, not forever	1 Thess 4:13–14
24	**Exaleiphō**	ἐξαλείφω	Greek: to wipe away every tear	Rev 21:4
25	**Nikos**	νῖκος	Greek: victory over the grave	1 Cor 15:54–55
26	**Paraklēsis**	παράκλησις	Greek: comfort, a calling-alongside	2 Cor 1:3–4
27	**Yaqar**	יָקָר	Precious: their homecoming, precious to Him	Ps 116:15
28	**Olam**	עוֹלָם	Forever: the house of the LORD	Ps 23:6

READ ALOUD TOGETHER

1 Thessalonians 4:13–14 · Psalm 23:6

QUESTIONS TO SIT WITH

1. “I know that my redeemer liveth” (**Go'el**, Job 19:25), from a man who had lost nearly everything. What is the one thing you still know is true, even when grief has taken almost everything else?
2. Paul wrote so that believers would not “sorrow, even as others which have no hope” (**Koimaō**, 1 Thessalonians 4:13). He did not say not to sorrow. What is it like to hold grief and hope in the same hand?
3. “God shall wipe away all tears from their eyes” (**Exaleiphō**, Revelation 21:4). What would it mean to you to have God Himself wipe away your last tear?
4. He comforts us “that we may be able to comfort them which are in any trouble” (**Paraklēsis**, 2 Corinthians 1:4). Who is walking a valley right now that you, of all people, are now equipped to comfort?

Go deeper: Yaqar and **Olam**. Psalm 116:15 calls their homecoming precious in the sight of the LORD, and Psalm 23 ends in His house for ever. Twenty-eight days ago you named the valley. Where are you now?

MY NOTES

All 28 Words

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Hebrew unless marked. Anchors are starting points; read the full text in the app or your own Bible.

Care and support

If you or someone in your group is in crisis, call or text **988** (Suicide & Crisis Lifeline, free, 24/7), text **HOME** to **741741** (Crisis Text Line), or call **911** in an emergency. Hereph is a tool for reflection and spiritual growth, not a substitute for professional care. Pastoral care comes from your leader, your pastor, and your group. Grief can bring thoughts of not wanting to go on. If that is you, reach out today. After a suicide loss, afsp.org/loss lists support groups and programs.

App questions (something will not load, an account issue): support@hereph.app · Free leader packs and member handouts: hereph.app/groups