

Ep. 358 | He's Got Your Back: How God Carries You Through the Valleys

Ever felt like quitting—especially when you think no one else would notice? In this episode, Christine Caine opens up about one of the darkest seasons of her life and how Psalm 23 became more than words—it became her lifeline. With raw honesty and deep biblical insight, she shares how God's presence is our anchor in the valley, how His rod and staff guide and protect us, and how even in the presence of enemies, He prepares a table for us.

WHAT SHADOW ARE YOU WALKING THROUGH RIGHT NOW, AND HOW CAN YOU LOOK FOR THE LIGHT THAT'S STILL PRESENT?

HAVE YOU EVER BEEN TEMPTED TO “RING THE BELL” SPIRITUALLY? WHAT HELPED YOU HOLD ON?

WHAT IS ONE WAY YOU CAN LET GOD PULL YOU OUT OF A “DUMB SHEEP” MOMENT AND BRING YOU BACK INTO HIS CARE?

SCRIPTURES REFERENCED IN THIS EPISODE:

PSALM 23 • ISAIAH 55:8-9 • PSALM 119:68 • DEUTERONOMY 29:29 • EPHESIANS 6