

Psalm 23

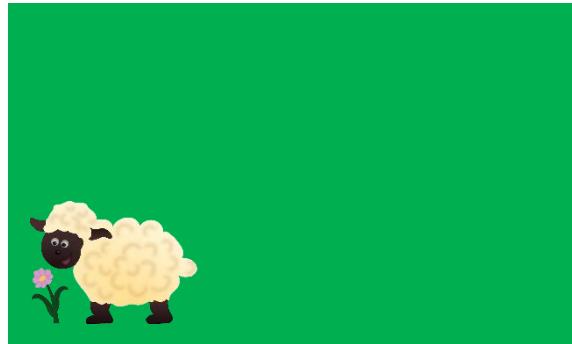
STEP 1 – PSALM 23:1-2

“ The LORD is my shepherd; there is nothing I lack. In green pastures he makes me lie down; to still waters he leads me; ”

God is our shepherd and provides for us. Jesus said, “I am the Good Shepherd who knows my own sheep by name.” (John 10:11) He knows you by name and cares for you.

DO: Make a sheep out of cotton wool and glue it onto the bottom left corner of the ‘field’. Draw on the sheep’s legs and head. Write your name next to the sheep.

PRAY: Thank God that he is your shepherd and you are his sheep and that he knows you and cares for you.



STEP 2 – PSALM 23:3

“ he restores my soul. He guides me along right paths for the sake of his name ”

God gives us new strength when we feel weak, he heals us and restores us. When we are tempted to not live how we should, he shows us the way to live in love and truth.

DO: Draw a path in the middle of the page. Think of situations when you find it hard to make a good choice or to know what to do. Write one situation on the side of the path. Then write on the path a good choice that Jesus wants you to make.

PRAY: Pray that Jesus will help you to make good choices and show you the right path



STEP 3 – PSALM 23:4

“ Even though I walk through the valley of the shadow of death,
I will fear no evil, for you are with me; your rod and your staff ”
comfort me

No matter the kind of hard times we are facing – whether we feel worried or scared or sad... Jesus is always with us. In times of darkness, Jesus protects, guides and comforts us.

DO: Colour in a black “pond” in the top right corner of the paper. Write or draw on the black paper anything that is causing you to feel fear, doubt, worry or anxiety. Don’t worry if you can’t see what you’ve written!

PRAY: Talk to God about your worries or fears and then ask God for his peace.



STEP 4 – PSALM 23:5-6

“ You set a table before me in front of my enemies; You anoint my head with oil; my cup overflows. Indeed, goodness and mercy will pursue me all the days of my life; I will dwell in the house of the LORD for endless days. ”

God is always blessing us with good things – they are like gifts from him every day. From the greatest gift he gave us of his Son and his victory over death on the cross, to things like sunshine, our family and good friends.

DO: On a separate piece of paper, draw a yellow circle. Inside it, write down some of the good things God has given you with your yellow pen. Make your circle into a sun. Cut out the sun and stick it on top of the black pond.

PRAY: Thank God for something where he has shown you his goodness and love today.

