

# God is with me

**Bible verses:**

Psalm 23:1

The Lord is my shepherd

**Aim:**

To continue looking at Psalm 23,  
focusing on God's provision

**Today's fruit:**

Peace



## In today's session we focus on the beginning of Psalm 23.

Focusing on verse one, we think about the way God cares for us, like a shepherd looks after his sheep. Through God's provision and guidance, we have everything that we need. Today's *Explore It* gives the children an opportunity to say thank you to God that he is the Good Shepherd in their lives.

God, as our shepherd, cares and provides for us: he gives us peace and asks that we help bring peace to his world.

**Each child will need:**

- Memory verse wristband
- Pens/pencils and a sheet of A4 paper
- *Sheep shape* handout (the sheep will need to be cut out)
- *Explore It ideas* handout

**You will need:**

- *Psalm 23* poster
- Today's fruit sign: *Peace*
- Memory verse poster



## Start it

**Ask:**

- If you could have any pet in the world, what would it be? Explain your choice.

– What about a sheep? Do you think it would make a good pet? Explain why / why not.

**Say:**

If you're unsure whether a sheep would make a good pet, this clip might change your mind.

## Video

*Rescued sheep makes himself part of the family* by The Dodo (3:09)

**Ask:**

What would you like or dislike about looking after a sheep?

**Say:**

Today's session is all about how God, the Good Shepherd, looks after us, his sheep.



## Sing it

**Say:**

Throughout this month we will be spending time discovering more about Psalm 23. Our song today introduces us to the words of this beautiful psalm.

## Song

'Psalm 23' (Christian song for kids) by Allstars Kids Club (2:19)



## Share it

**Ask:**

Last week we talked about the book of Psalms, with a focus on Psalm 23. What do you remember about Psalm 23?

Display a copy of Psalm 23 and read it together.

**Read:**

'The Lord is my shepherd.

I have everything I need.

He gives me rest in green pastures.

He leads me to calm water.

He gives me new strength.

For the good of his name,

he leads me on paths that are right.

Even if I walk

through the dark valley of death,



I will not be afraid  
because you are with me.  
Your rod and your [shepherd's] staff comfort me.  
You prepare a meal for me  
in front of my enemies.  
You pour oil [of blessing] on my head.  
You give me more than I can hold.  
Surely your goodness and love will be with me  
all my life.  
And I will live in the house of the Lord for ever.'  
(Psalm 23 *ICB*)



**Say:**

Today we are going to be looking at the very first two sentences of the psalm.

**Ask:**

- Have you ever seen a field full of sheep?
- Who do you think looks after them?

**Say:**

Before David was king, he was a shepherd! When David was young it was his job to look after the sheep, protecting them and keeping them safe.

**Ask:**

- What kinds of things do you think David did to take care of his sheep?
- Have you ever cared for an animal? What did you have to do?
- How did it feel to look after the animal?
- How might the animal have felt when you looked after it?

**Say:**

In verse one of Psalm 23, David says, 'The Lord is my shepherd. I have everything I need.' Think about all we have discussed about caring for animals that are precious to us.

**Ask:**

- What do you think King David meant when he described God as his shepherd?

**Say:**

We know that David would have spent many hours in his childhood protecting a flock of sheep, keeping them safe and ensuring they had the nourishment they needed. David describes God looking after him in the same way. God is a good shepherd who cares for his sheep.

**Ask:**

What are some of the ways that God cares for us?

## Say:

One of the special ways God cares for us is through the gift of his Holy Spirit. We celebrate Pentecost today (Sunday 8 June 2025) which reminds us that God sent his Holy Spirit to all his followers. It is through the Holy Spirit that Jesus remains with us always. Just as God gave King David everything that he needed, God also gives us all that we need, just when we need it.

## Ask:

One of the gifts God gives to us is the fruit of the Spirit. Think back to our session from a few weeks ago. Name as many fruits of the Spirit as you can. **Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.**

Display the *Peace* sign.

## Say:

One fruit, or thing we need in our lives, is peace. Psalm 23 is very peaceful.

## Ask:

We know that one of the ways God cares for us is through peace, but how can we, with the help of the Holy Spirit, show peace to others?

## Say:

We are loved by the Good Shepherd and can show that love to others with the help of the Holy Spirit.

## Action it

Explain that the children are going to draw a picture of a sheep. Make sure it fills a piece of A4 paper. A clip is provided if the children need help drawing a sheep.

## Video

***How to draw a sheep (step by step sheep drawing lesson)*** by Cutest Drawings (2:43)

Once the children have drawn their sheep, ask them to fill it with words and pictures that show all the ways that God has provided for them. It would be great if the group leaders could draw their own sheep and discuss their examples as they go along.

When the children have finished their sheep drawings, full of examples of God's provision, share and discuss them together.





## Pray it

### Say:

As we look at the life of David, we can see that God was always with him. God was with David when he was a shepherd, when he fought Goliath, and he was with David for the many years that he was king.

### Ask:

Can you think of any times when God has been with you? If you feel comfortable, then share them with the group.

### Say:

For our prayer time today, we are going to take a moment to say thank you to God for the way that he loves us and cares for us.

For the prayer time, the children will need a *Sheep shape* from the handout. As the children listen to the music, ask them to write a prayer of thanks to God for the way he cares for them and provides them with everything they need. You may want to have a brief discussion to clarify the difference between 'wanting' something and 'needing' it!

## Listen

**'Shepherd' (official lyric video Lyric Nashville Life Music ft Leeland)** by Integrity Music (4:58)

Display a copy of the memory verse and give each child a wristband.

### Say:

Each week we will finish our session with our memory verse for the month, which is the final verse of Psalm 23. Let's read it together.

## Memory verse

**'Surely your goodness and love will be with me all my life.  
And I will live in the house of the Lord for ever.'**

(Psalm 23:6 ICB)



## Explore it

Remember to send home the *Explore It ideas* for children and families.



## God is with me

Here are some ideas for you to explore at home.



**Bible verses:**  
Psalm 23:1



**Aim:**  
To continue looking at Psalm 23, focusing on God's provision



**Today's fruit:**  
Peace



### Create

Create a picture or mind map that shows all the things that you need – rather than want – in life. How does God, the Good Shepherd, provide for you? If there is something you think you need, then spend time in prayer asking God for it.



### Reflect

Cut a piece of paper into the shape of a sheep. Put it up at home somewhere everyone can see it. Ask the people at home to write on the sheet throughout the week all the ways God has cared for them.

At the end of the week, read out everything that has been written and give thanks that God is the Good Shepherd.



### Song for the week

'Psalm 23' (Christian song for kids) by Allstars Kids Club (2:19)



### Memory verse

'Surely your goodness and love will be with me all my life.  
And I will live in the house of the Lord for ever.'

(Psalm 23:6 ICB)

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Kids Alive! Online – [salvationarmy.org.uk/kidsalive](http://salvationarmy.org.uk/kidsalive)

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Children  
& Youth

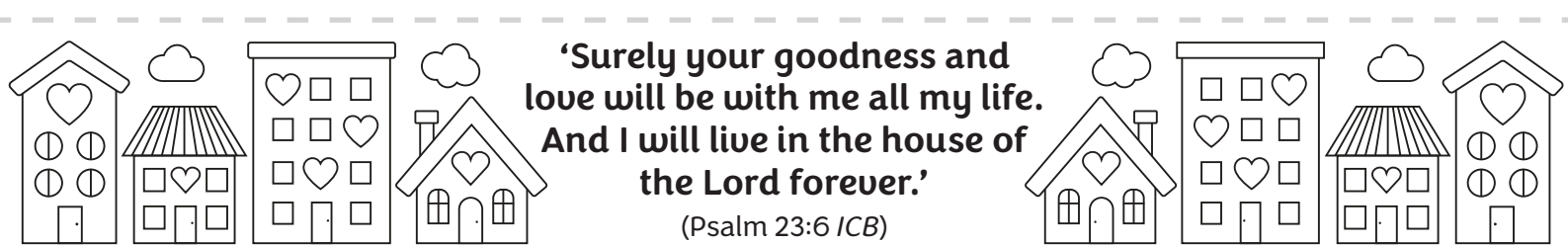
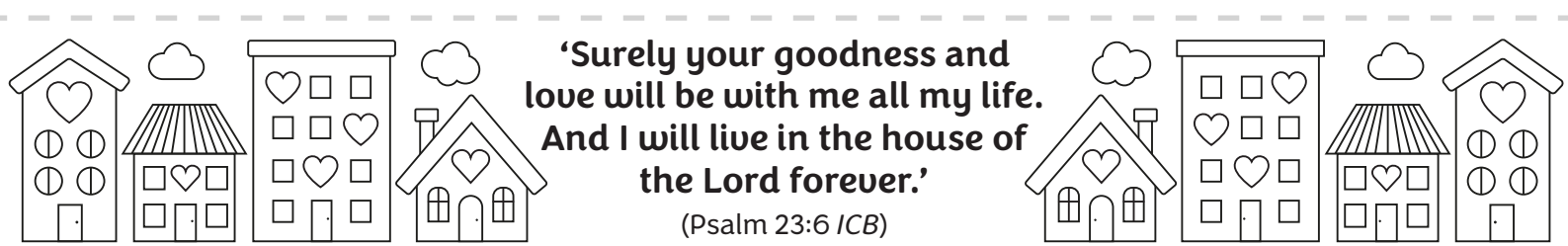
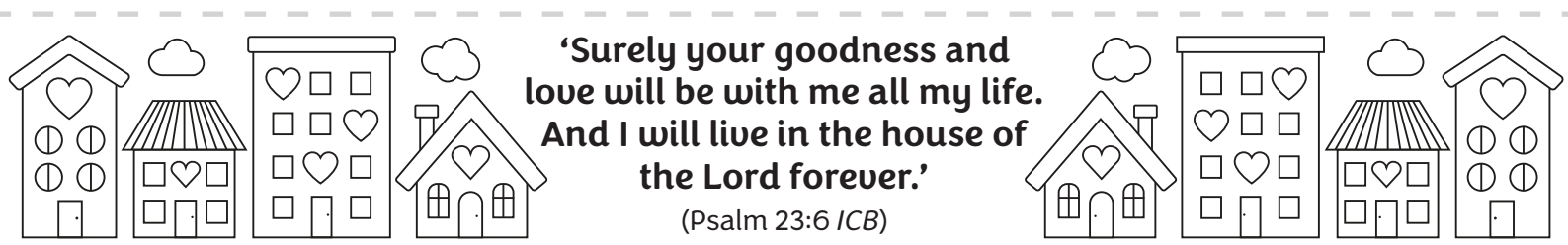
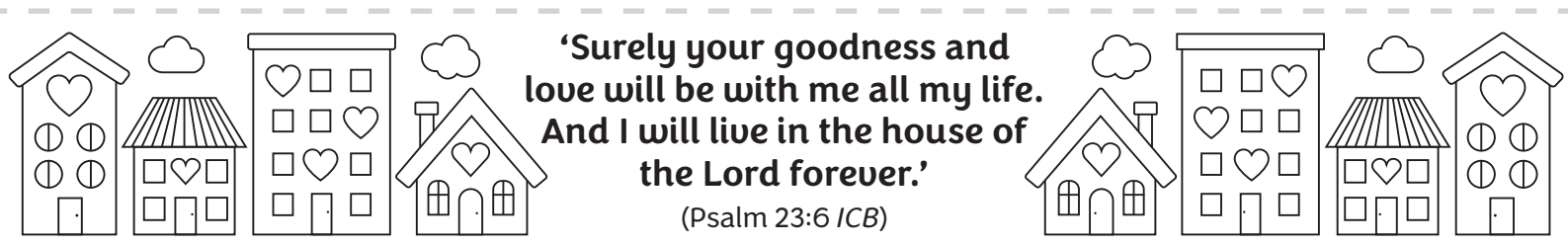
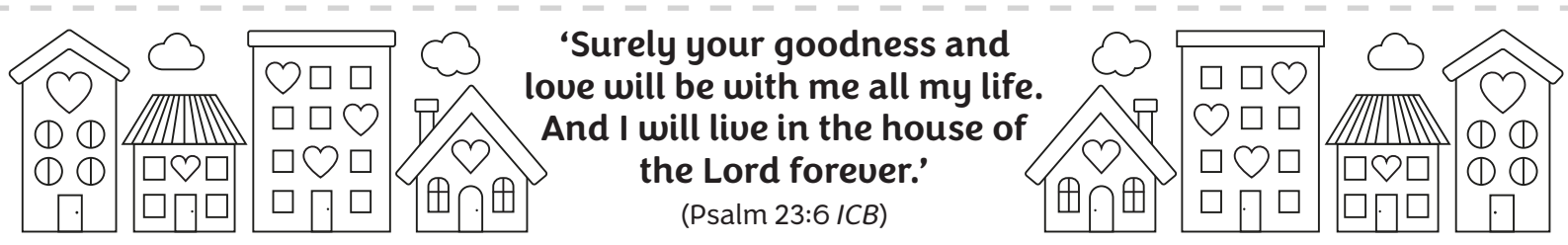
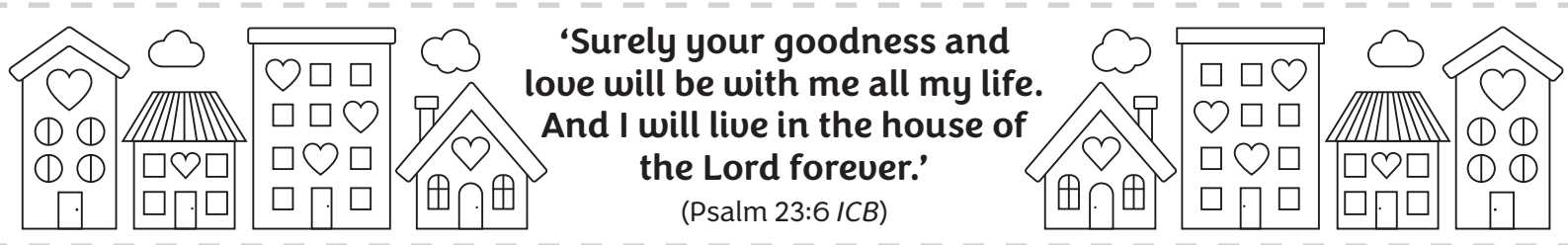


**Explore it**

**‘Surely your goodness  
and love will be with me  
all my life.**

**And I will live in the  
house of the Lord  
forever.’**

**(Psalm 23:6 *ICB*)**





**‘Surely your goodness and  
love will be with me all my life.  
And I will live in the house of  
the Lord forever.’**

(Psalm 23:6 *ICB*)

**‘Surely your goodness and  
love will be with me all my life.  
And I will live in the house of  
the Lord forever.’**

(Psalm 23:6 *ICB*)

**‘Surely your goodness and  
love will be with me all my life.  
And I will live in the house of  
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(Psalm 23:6 *ICB*)

**‘Surely your goodness and  
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**‘Surely your goodness and  
love will be with me all my life.  
And I will live in the house of  
the Lord forever.’**

(Psalm 23:6 *ICB*)



peace

# Explore it

## Psalm 23

A song of David

The Lord is my shepherd.

I have everything I need.

He gives me rest in green pastures.

He leads me to calm water.

He gives me new strength.

For the good of his name, he leads me on  
paths that are right.

Even if I walk through a very dark valley,  
I will not be afraid because you are with me.

Your rod and your [shepherd's] staff comfort  
me.

You prepare a meal for me in front of my  
enemies.

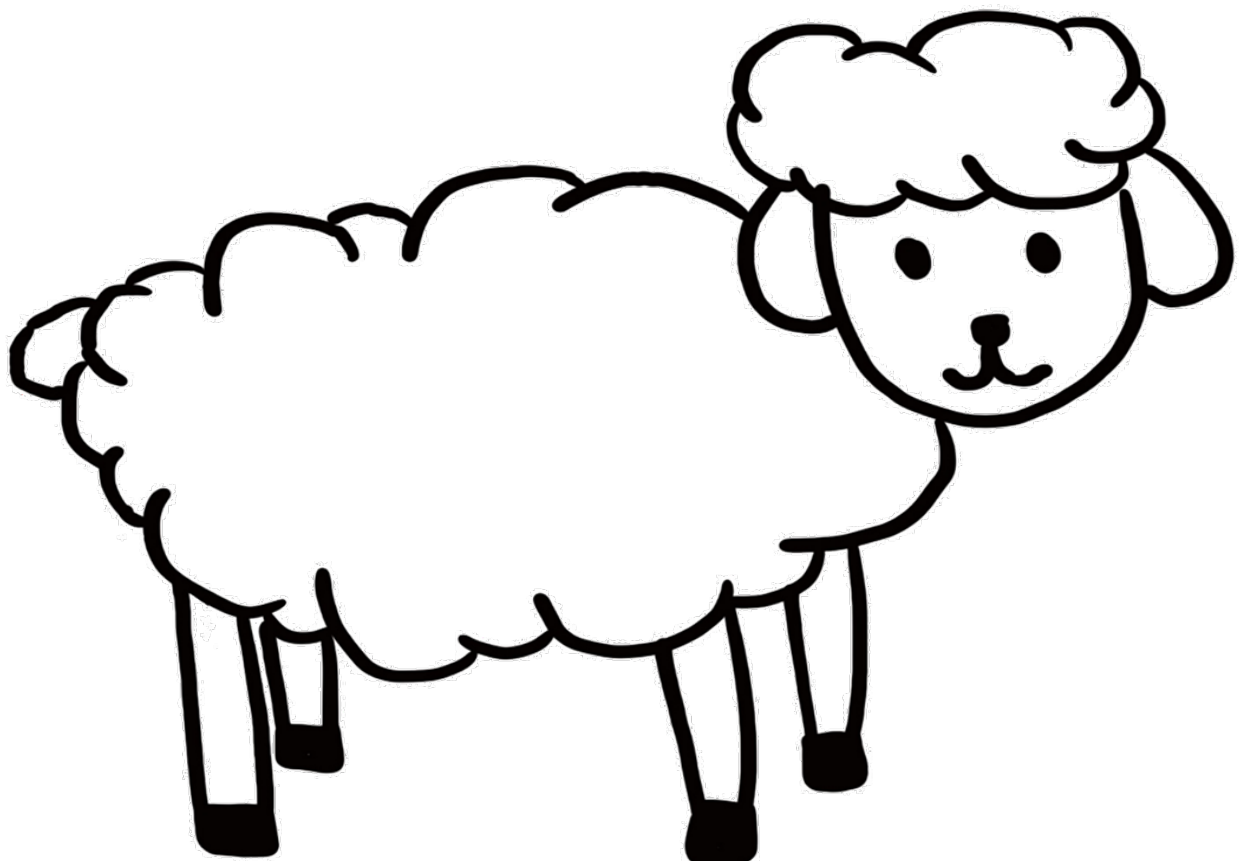
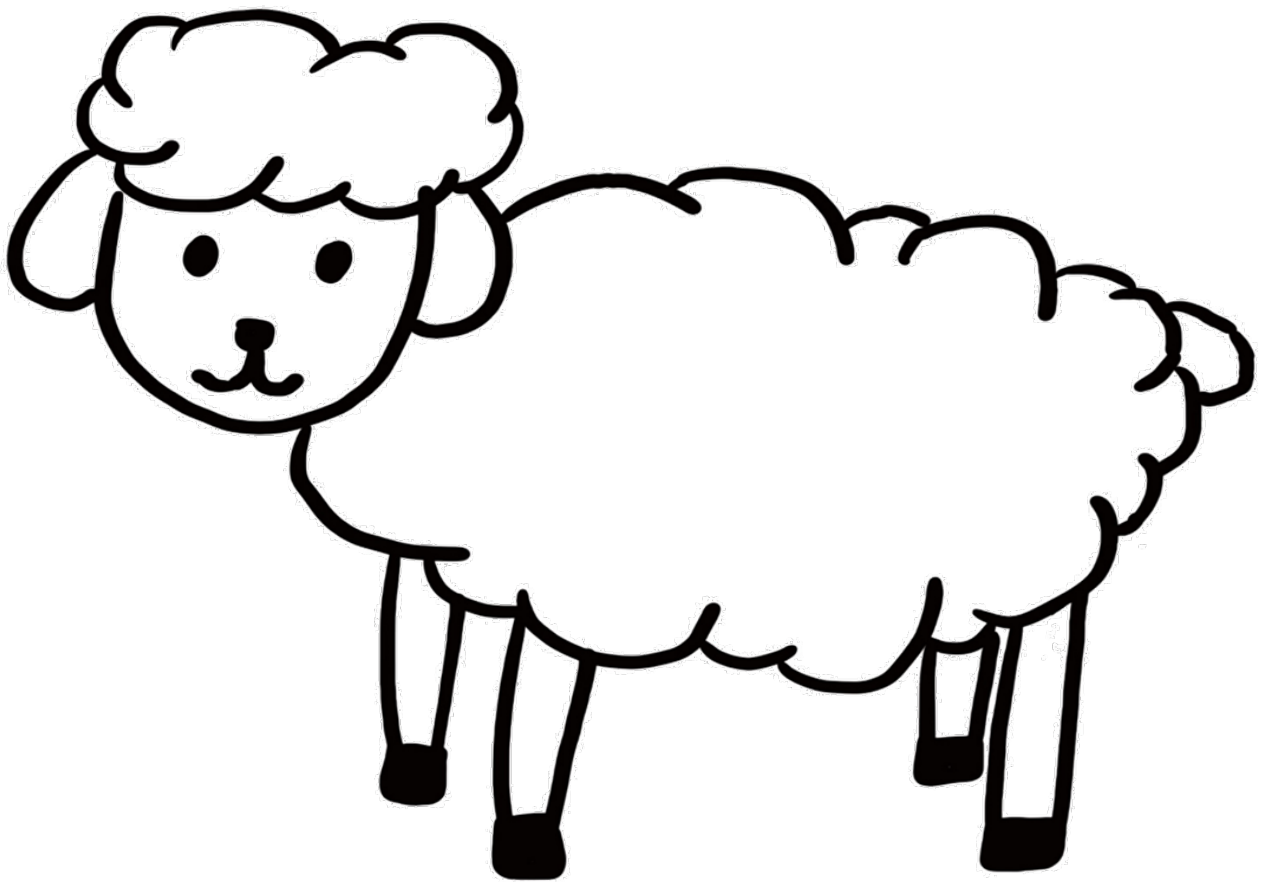
You pour oil [of blessing] on my head. You  
give me more than I can hold.

Surely your goodness and love will be with  
me all my life.

And I will live in the house of the Lord forever.

(Psalm 23 /CB)

# Explore it



# God will guide

**Bible verses:**

Psalm 23:2-3

The Lord is my shepherd

**Aim:**

To explore the metaphor – what does it mean to be by still waters?

**Today's fruit:**

Gentleness



In today's session we discover that God wants us to experience his peace.

God gives us rest and leads us to still waters ('calm water' in *ICB*). As we move into Psalm 23:2-3 the children will think about what 'still waters' might look like in our everyday lives and how they can find rest in God. We will also take time to discover ways that we can bring peace to those escaping conflict as we think about Refugee Week.

God guides us to what we need and leads us in the right direction with gentleness.

**Each child will need:**

- Skin-coloured paper, two shades of blue paper cut into six equally sized water droplets, scissors, glue, pens/pencils
- *Explore It ideas* handout

**You will need:**

- Today's fruit sign: *Gentleness*
- *Water charades* handout, cut into slips
- A container for slips of paper
- A flipchart and pen



## Start it

**Say:**

In today's session we are continuing to look at Psalm 23:2-3. These verses talk about God leading us to calm water. We're going to start with a water-related game.

Play a game of water charades. Cut up the water charades words, fold them and place them in a container. The children can take turns to act out the water activity for their friends to guess.

## Water charades

Fishing	Ice skating	Scuba diving
Surfing	Water skiing	Canoeing
Diving	Showering	Brushing your teeth
Swimming	Having a bath	Flushing the toilet
Paddling	Watering plants	Washing a car



## Sing it

### Say:

Our song this week is based on Psalm 23. Sing along and enjoy watching the sheep grazing on the hillside.

## Song

**'Psalm 23' (Word for Word lyric video *ESV Scripture song*)** by Zac Fitzsimmons Music (2:39)



## Share it

### Say:

This week we continue our journey through Psalm 23. Before we zoom in on verses two and three, let's read the whole psalm.

### Read:

**'The Lord is my shepherd.  
I have everything I need.  
He gives me rest in green pastures.  
He leads me to calm water.  
He gives me new strength.  
For the good of his name,  
he leads me on paths that are right.  
Even if I walk  
through the dark valley of death,  
I will not be afraid  
because you are with me.  
Your rod and your [shepherd's] staff comfort me.'**



You prepare a meal for me  
in front of my enemies.  
You pour oil [of blessing] on my head.  
You give me more than I can hold.  
Surely your goodness and love will be with me  
all my life.  
And I will live in the house of the Lord for ever.'

(Psalm 23 *ICB*)

**Say:**

Think about verse two: 'He gives me rest in green pastures. He leads me to calm water.'

**Ask:**

- What do you think it would be like to rest in green pastures, with the water of a gentle stream flowing nearby?
- What sounds might you hear?
- What else might you touch or smell?
- If you wanted to be somewhere peaceful like this, where would you go?
- What would you do when you got there?

**Say:**

David describes a moment of total peace provided by God. He recognises how important it is for us to find peace in this busy world.

**Ask:**

- What does a peaceful moment look like to you?
- How do you find moments of peace in your life?

**Say:**

God doesn't just bring David peace by providing him with a nice meadow to chill out in. He brings peace by guiding David on the right path.

**Read:**

**'He gives me new strength.  
For the good of his name,  
he leads me on paths that are right.'**

(Psalm 23:3 *ICB*)

**Say:**

Later in his life, David made many wrong decisions. His actions caused a lot of pain and even led to the death of one of his faithful soldiers, Uriah. He made selfish choices and failed to follow God's guidance. Many psalms describe how David felt when he lost God's peace in his heart.

**Ask:**

How does following God's path bring us peace?

Display the *Gentleness* sign.

**Say:**

One of the ways we can follow God's path is to grow the fruit of gentleness in our hearts.

Through the Holy Spirit's power, we can be gentle with others, showing them how God makes a difference in our lives.

**Action it****Say:**

Our Scripture verse today reminds us that God, our Good Shepherd, leads us to places where we can rest and be calm.

Explain to the children that they are going to make something that reminds us of the peace and calm that God brings to our lives.

A link is provided below; it can be used with the group or just for the leader's preparation.

**Video**

**Water day craft (YouTube shorts)** by @happinessishandmadebysoumi (0:20)

This craft activity was originally used for World Water Day but is adapted for today's session. When the children have made their pair of hands, they can write on one palm 'He gives me rest in green pastures'. On the other they can write 'He leads me to calm water'.

**Pray it**

For the prayer time, we will be taking time to think about Refugee Week. There may be those in your group who have experience of being from or knowing a family seeking refuge or asylum, and this therefore needs to be handled with sensitivity.

**Say:**

This week is Refugee Week.

**Ask:**

What is a refugee?

**Video**

**What is a refugee? (Or a displaced person)** by Save the Children Australia (3:43)



## **Say:**

When we follow God's right path, then we show compassion to those who have had to leave their homes to find safety. As we mentioned earlier, our fruit of the Spirit today is gentleness.

## **Ask:**

When it comes to supporting refugees in our community, why is it important to show gentleness?

Explain to the children that as well as showing gentleness and offering practical help, we can also pray for refugees within our community and across the world. Discuss with the children their ideas for prayer points and list them on a flipchart. Using the children's prompts, either pray on behalf of the group or ask the children to read out the list of prayer suggestions.

## **Say:**

During this month we are using our memory verse to bring each of our sessions to a close. Let's share it together.

## **Memory verse**

**'Surely your goodness and love will be with me all my life.**

**And I will live in the house of the Lord for ever.'**

(Psalm 23:6 ICB)

# Explore it

Remember to send home the *Explore It ideas* for children and families.



## God will guide

Here are some ideas for you to explore at home.



**Bible verses:**  
Psalm 23:2-3



**Aim:**  
To explore the metaphor – what does it mean to be by still waters?



**Today's fruit:**  
Gentleness



### Rest

Every day this week, take a moment to rest. Play a relaxing piece of music and spend time with God. Here is a song to get you started.

**'Shepherd' (official lyric video Lyric Nashville Life Music ft Leeland)** by Integrity Music



### Discover

Act out the water charades from our game and see if the people at home can guess what they are. Don't let them peek at this sheet, as it will give away the answers!

Fishing	Having a bath
Surfing	Watering plants
Diving	Scuba diving
Swimming	Canoeing
Paddling	Brushing your teeth
Ice skating	Flushing the toilet
Water skiing	Washing a car
Showering	



### Song for the week

**'Psalm 23' (word for word lyric video ESV Scripture song)** by Zac Fitzsimmons Music (2:39)



### Memory verse

**'Surely your goodness and love will be with me all my life.  
And I will live in the house of the Lord for ever.'**

(Psalm 23:6 ICB)

 **Explore it**

# Gentleness

June 2025 session 2



# Explore it

## Water charades

Fishing	Surfing	Diving
Swimming	Paddling	Ice skating
Water skiing	Showering	Having a bath
Watering plants	Scuba diving	Canoeing
Brushing your teeth	Flushing the toilet	Washing a car

# Relying on God


**Bible verses:**

Psalm 23:4

The Lord is my shepherd


**Aim:**

To remember that God is with us and cares for us


**Today's fruit:**

Faithfulness



In today's session David reminds us that God is the Good Shepherd looking after us, his sheep.

Sometimes life is challenging, and we face situations where it feels like we're walking in a dark valley. King David wrote about this feeling in Psalm 23. But God protects and cares for us because he is a faithful God. The children will also get the opportunity to think about how they, through the help of the Holy Spirit, can grow the fruit of faithfulness in their own lives.

Even in our darkest moments of life God is faithful and remains with us and comforts us.

## Each child will need:

- Paper, purple or green paint, a paint pot suitable for fingerprinting and a green pen
- Pens/pencils and paper
- *Explore It ideas* handout

## You will need:

- Be prepared to write a list of ideas – see Start It
- Today's fruit sign: *Faithfulness*



## Start it

Play the *Frozen 2* clip (see below) as the children come into the session.

When the clip has finished, discuss what is happening in the story. How is Anna feeling? What has happened?

Ask the children to think of other stories where the characters face challenging circumstances. Write a list of ideas, as you may need to refer back to it in the Share It section.

The aim is for the children to understand what a 'dark valley' moment looks like. This will help them identify with the feelings of the psalmist without having to focus on personal challenging situations.

## Video

'The Next Right Thing' (Kristen Bell sing-along *Frozen 2* by Disney) uploaded by DisneyMusicVevo (3:21)



## Sing it

Display the *Faithfulness* sign.

### Say:

Later we will be thinking about God's faithfulness. To discover more about what this means, we're going to sing the Cheeky Pandas' 'Faithfulness' song.

## Song

'The Faithfulness Song' by Cheeky Pandas TV (2:39)



## Share it

### Say:

This week we focus on verse 4 of Psalm 23. As always, we're going to share the whole psalm together.

### Read:

'The Lord is my shepherd.  
I have everything I need.  
He gives me rest in green pastures.  
He leads me to calm water.  
He gives me new strength.  
For the good of his name,  
he leads me on paths that are right.  
Even if I walk  
through the dark valley of death,  
I will not be afraid  
because you are with me.'



Your rod and your [shepherd's] staff comfort me.  
You prepare a meal for me  
in front of my enemies.  
You pour oil [of blessing] on my head.  
You give me more than I can hold.  
Surely your goodness and love will be with me  
all my life.  
And I will live in the house of the Lord for ever.'

(Psalm 23 ICB)

**Say:**

Last week we read some of Psalm 23 which described God being like a shepherd who is leading his sheep to green meadows and calming streams of water. This week King David's song talks about very different feelings.

**Read:**

'Even if I walk  
through the dark valley of death,  
I will not be afraid  
because you are with me.  
Your rod and your [shepherd's] staff comfort me.'

(Psalm 23:4 ICB)

**Ask:**

- What do you think the psalm means when it talks about walking through a dark valley, what David calls the 'dark valley of death'?
- How might a sheep feel when it's walking in a dark valley between the mountains?
- When might we feel similar emotions to the sheep surrounded by mountains?

There may be some in your group who have experienced traumatic events, and there may also be some who haven't. To describe what a valley experience feels like, it might be useful to refer to the film/book characters mentioned at the beginning.

**Say:**

In Psalm 23 David reminds us that, even when we walk through a very dark valley, we are not alone because God is with us.

This clip is intended for adults, but the children should find it helpful to explain what is meant by 'Your rod and your [shepherd's] staff comfort me.'

Watch the clip together and discuss the questions below.

## Video

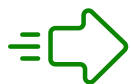
***What are the rod and staff in Psalm 23?*** By Got Questions Ministries (stop at 3:17)

## Ask:

- In what ways do sheep depend on their shepherd?
- How are we like sheep?
- What was a rod used for?
- What was the staff used for?
- How does this description of the rod and staff help you to understand the description of Jesus as the Good Shepherd?

## Say:

This psalm helps us to remember that God is with us in the good things in life, but he is also with us when we go through difficult things too. This is when it is essential for us to rely on God and trust him.



## Action it

Remind the children that our fruit of the Spirit for today is faithfulness. Watch and discuss the clip together.

## Video

**God's story: fruit of the Spirit: faithfulness** by Crossroads Kids' Club (2:38)

Explain to the children that they are going to create a 'faithfulness' bunch of grapes. The clip below shows how this can be done. As the children create their grape fingerprint picture, describe how faithfulness grows in their heart. Each time they decide to trust in God, the fruit of faithfulness gets bigger and bigger in their lives. When the children have finished their picture, they can add a phrase that reminds them of God's faithfulness.

## Video

**DIY thumb painting (YouTube shorts)** by @kritika\_shine\_art (0:12)



## Pray it

Sit the group in a circle and ask the children to think of a one-sentence prayer to thank God for his faithfulness.

Here are some examples:

- Thank you, God for your faithfulness.
- Thank you for looking after me.





- Thank you for protecting me.
- Thank you for helping me to be a better friend to others.

Once they have thought of their prayer, go around the circle and share them together.

### **Say:**

During this month we are using our memory verse to bring each of our sessions to a close. Let's share it together.

### **Memory verse**

**'Surely your goodness and love will be with me all my life.  
And I will live in the house of the Lord for ever.'**

(Psalm 23:6 *ICB*)

## Explore it

Remember to send home the *Explore It ideas* for children and families.



# Relying on God

Here are some ideas for you to explore at home.



**Bible verses:**  
Psalm 23:4



**Aim:**  
To remember that God is with us and cares for us



**Today's fruit:**  
Faithfulness



## Discover

Watch the clip to discover how you can be a faithful friend to others.

**The definition of faithfulness (fruit of the Spirit devotional for kids)** by Minno – Bible Stories for Kids



## Create

Along with the people at home, create your own huge thumbprint bunch of grapes. As you paint, share what you have discovered about God's faithfulness.



## Song for the week

**'The faithfulness song'** by Cheeky Pandas TV



## Memory verse

**'Surely your goodness and love will be with me all my life.  
And I will live in the house of the Lord for ever.'**

(Psalm 23:6 ICB)

**LIVING  
OUT FAITH**

*Kids Alive!* Online – [salvationarmy.org.uk/kidsalive](http://salvationarmy.org.uk/kidsalive)

*Kids Alive!* The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Children  
& Youth

 Explore it

# Faithfulness

June 2025 session 3

# Being with God


**Bible verses:**

Psalm 23:5-6

The Lord is my shepherd


**Aim:**

To know that God will always love, welcome and walk with me


**Today's fruit:**

Goodness



Today we come to the end of our journey through Psalm 23.

We focus on God's goodness and the warm welcome that awaits us at his table. The children will have the opportunity to pull together everything they have learned this month to create a beautiful piece of artwork.

We acknowledge God's goodness, as he provides for us and blesses us.

**Each child will need:**

- Psalm 23 different layouts handout
- Pens/pencils, scissors, glue and paper
- Explore It ideas handout

**You will need:**

- Today's fruit sign: Goodness



## Start it

Play the 'You're welcome' clip from the film Moana by Disney as the children enter the session. Are the lyrics the same as what they are used to? What is different?

## Video

*You're welcome (multilanguage)* by Mirla Karoliina (2:52)

## Say:

As you came in, we listened to a multilingual version of the song 'You're welcome' from the film *Moana*. Today we're thinking about what it means to be made welcome. Now, Maui wasn't really trying to make Moana welcome at all; he was more focused on himself. That is not the kind of welcome we will be thinking about today.

## Ask:

- What other words do we use to welcome people?
- Does anyone know how to say the word 'welcome' in another language? Share it with the group.

Here are some examples of the word 'welcome' that you can share with your group. Encourage the children to try the greetings as they watch the clip.

## Video

*People from 12 countries show us their greeting* by World Friends (3:47)



## Sing it

### Say:

We're going to sing a song based on Psalm 23. We used it when we first started learning about the psalms last month.

**'Psalm 23'** by Kids on the Move (2:26)



## Share it

### Say:

This week we focus on verses 5 and 6 of Psalm 23. As always, we're going to share the whole psalm together.

### Read:

**'The Lord is my shepherd.  
I have everything I need.  
He gives me rest in green pastures.  
He leads me to calm water.  
He gives me new strength.  
For the good of his name,  
he leads me on paths that are right.  
Even if I walk  
through the dark valley of death,**



I will not be afraid  
because you are with me.  
Your rod and your [shepherd's] staff comfort me.  
You prepare a meal for me  
in front of my enemies.  
You pour oil [of blessing] on my head.  
You give me more than I can hold.  
Surely your goodness and love will be with me  
all my life.  
And I will live in the house of the Lord for ever.'  
(Psalm 23 ICB)

**Say:**

The last two verses of Psalm 23 talk about being welcomed by God. It says that God prepares a table for us, and our cup overflows.

**Ask:**

What is your favourite meal and drink?

**Say:**

David helps us to imagine God preparing a wonderful meal that shows how much he loves us and cares for us.

**Ask:**

When you have been invited to someone's house, how do they usually welcome you?

**Say:**

At the time Psalm 23 was written, people had a special way of greeting each other. They would show respect to a visitor by anointing them with oil. As a symbol of respect, they would bless someone by dabbing a little oil on their forehead. It was a reminder of God caring for his people.

**Ask:**

We may not dab oil on each other's foreheads, but how do we welcome people in a special way?

**Say:**

In verse six, David reminds us that God's goodness and love are with us throughout our lives.

**Ask:**

What might God's goodness look like in our lives?

Display the *Goodness* sign.



**Say:**

Through the power of the Holy Spirit, we can grow the fruit of goodness and show God's love to others.

**Ask:**

What might it look like for us to show goodness to others with the help of the Holy Spirit?

**Say:**

The final part of Psalm 23 talks about how we will live in God's house for ever. As Christians, we believe that when we die, we go to be with God in Heaven. We get to spend eternity in God's house.

## Action it

Show the children the **Hannah Dunnett website** and look at the way she portrays Scripture through art.

Explain that the children are going to create their own piece of artwork based around Psalm 23. A printed handout is available for the children to either draw over or cut up to use in their design. Alternatively, if they are confident writers, they can copy the Scripture from the handout. Once the children have completed their artwork, they can share it with each other.



## Pray it

**Say:**

Think back through everything you have discovered about Psalm 23. In a moment you will have the chance to read out your favourite verse from the psalm and explain why you like it so much.

Give the children time to read through the words on their artwork and choose a favourite verse. Go around the group and ask each child to share their thoughts.

When each child has shared, pray with the group and thank God that he is our Good Shepherd.

**Say:**

Each week we have shared our memory verse to bring our session to a close. Let's share it together for the last time.



## Memory verse

‘Surely your goodness and love will be with me all my life.  
And I will live in the house of the Lord for ever.’

(Psalm 23:6 ICB)

## Explore it

Remember to send home the *Explore It ideas* for children and families.





# Being with God

Here are some ideas for you to explore at home.



**Bible verses:**  
Psalm 23:5-6



**Aim:**  
To know that God will always love, welcome and walk with me



**Today's fruit:**  
Goodness



## Learn

Learn how to say hello in five different languages.



## Teach

Once you have learned how to say hello in five different languages, teach the people at home what you have discovered. Encourage everyone to welcome each other using a different language each time.



## Song for the week

'Psalm 23' by Kids on the Move



## Memory verse

'Surely your goodness and love will be with me all my life.  
And I will live in the house of the Lord for ever.'

(Psalm 23:6 /CB)

**LIVING  
OUT FAITH**

# Goodness

## Psalm 23

### A song of David

The Lord is my shepherd.

I have everything I need.

He gives me rest in green pastures.

He leads me to calm water.

He gives me new strength.

For the good of his name, he leads me on paths that are right.

Even if I walk through a very dark valley,

I will not be afraid because you are with me.

Your rod and your [shepherd's] staff comfort me.

You prepare a meal for me in front of my enemies.

You pour oil [of blessing] on my head. You give me more than I can hold.

Surely your goodness and love will be with me all my life.

And I will live in the house of the Lord forever.

(Psalm 23 *ICB*)

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(Psalm 23 /CB)