

God will guide



Bible verses:
Psalm 23:2-3



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



Today's fruit:
Gentleness

Resource: *Guided meditation* handout



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*)



Start it

Today we are going to hear more about the song written by David.

Place some blue material in the middle of your space and sit around it. Ask the children what they think it could be. Welcome all suggestions, then give clues (for example, it might have fish living in it / you might be able to swim in it). Ask them if they've ever been to a river/lake/sea. What was it like? Did they like it?



Share it

Share a child-friendly version of Psalm 23:2-3 (eg Biblegateway.com *ERV/EASY*).

Sit in a circle and ask the group to share together:

- When do you rest?
- How does your body feel after it's had a good sleep?
- When do you drink water?
- How does it make your body feel?
- The Bible tells us that it's important to look after our bodies. What other things can we do to look after our bodies?
- The song King David wrote to God also says that God gives us strength. When does your body feel strong?
- I wonder if you've ever been on a journey and you or your grown-up have got lost?
- What helps us when we get lost?
- The Bible tells us that when we are feeling lost and we don't know what to do, God will be with us and guide us: he'll help us know what to do.



Sing It

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

'All through history' Nicky & Becky Drake by Worship For Everyone (3:36)



Action it

Games and activities to reinforce the Bible passage:

- Play *Cross the river*. Split the group into teams and stand on one side of the room. Imagine each team needs to cross the river – or ‘still waters’ – to get to the meadow. Give each team some ‘stepping stones’ (paper) to stand on. Each team must work together to cross!
- Play *Follow the leader*. One person is the shepherd, and the sheep must follow/copy.
- Use a guided meditation with the children, eg the *Meditation* handout.
- Create a big collage or painting of the blue water and green meadow. You could add to the picture the sheep you made last week.