

Relying on God



Bible verses:
Psalm 23:4



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



Today's fruit:
Faithfulness

Resource: *Shepherd stick* 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.

You may wish to have a toy sheep with you
in this session.

Search online for a colourful cartoon
emotion chart with faces which reflect
a variety of feelings, eg **circle faces by
Freepik.es** or **square faces from Freepik.
com**

Use it to ask the group how they're feeling
today. Ask which feelings they were thinking
about last week, when they were by the
river, eg calm, happy, peaceful. Explain that
we will be looking at different emotions this
week as we continue reading David's song.



Share it

Share a child-friendly version of Psalm 23:4
(eg Biblegateway.com *ERV/EASY*).

Encourage the children to use the chart to
answer these questions:

- Have you been outside when it's really
dark? Or in a room with no lights on?
- What was it like? How did you feel?
- (Show a picture of sheep in a dark valley.)
How might our sheep feel if they had to
walk through this valley? Why?
- Sometimes we can be in situations where
we are nervous, worried or scared – just
like the sheep in a dark valley. What might
feel as scary as walking through a dark
valley? (first day of school / getting lost /
someone saying something horrible to us)
- (Show a picture of a shepherd with the
sheep in a dark valley.) How might the
sheep feel if they had a shepherd with
them in the dark valley?
- (Show the shepherd's stick handout). How
might this tool help the sheep feel safe?
(See Leader's Notes.)
- Who helps to make you feel safe?

Sing It

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

'Shine! (from the inside out)' by Nick Jackson uploaded by Tangy Crayfish (2:20)

Action it

Games and activities to reinforce the Bible passage:

- Blindfold volunteers and ask them to follow someone's voice around the space. Find out how it feels when you're in the dark and you have to rely on someone.
- Use black paper and chalk to create a picture of a sheep in the darkness.
- Use the *Shepherd's stick* handout and drawings of emotion faces to remember how it feels to know God looks after us.
- Play an emotions game. Shout out different emotions and ask the group to show the emotion on their faces and with their bodies.