

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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OUT FAITH**

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Children
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