

# 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)