

# 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

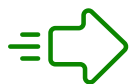
***What are the rod and staff in Psalm 23?*** By Got Questions Ministries (stop at 3:17)

## 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