

# LESSON 10: PSALM 23: MY CUP OVERFLOWS

Leader Guide for Grades 5 & 6

Classroom: 4th-6th

 Psalm 23:5-6; Ruth 2-4

05/10/2020

## Teachers Dig In

### Dig In to the Bible

- Read: Psalm 23:5-6; Ruth 2-4
- In This Passage: At the end of his song about how God is like our shepherd, David celebrates God's blessings in his life, proclaiming that his cup overflows with blessings. Those blessings include God's goodness and unfailing love pursuing him. For Ruth, God's blessings include food and family.
- Bible Point: God blesses us.
- Summary Verse: "The Lord is my shepherd; I have all that I need" (Psalm 23:1).

### Dig Deeper

- You'll Be Teaching: *God blesses us*. You may have a variety of kids in your class, including those who feel more blessed and those who seem less blessed. That difference may be their perception of blessing as it relates to socioeconomic status. But the blessings David named were God's goodness and unfailing love, and the hope of living in God's house forever. Similarly, Ruth was a poor widow, but she was able to see God's provision in her life. Help kids see blessings beyond money and possessions.
- Think About: What are your top 10 blessings from God?

### Dig In to Prayer

- Boldly ask God to pour his blessing into your kids' lives.

### Quick Tip

- *You* are a way kids can experience God's blessing! As you get to know their names, their stories, and their struggles, they'll have a safe place to be known and heard. Never underestimate the power of your role in a child's life!

## This Lesson at a Glance



### OPENING

Kids share about a topic related to the lesson.

#### Supplies

- Bible
- green plastic tablecloth from Week 7
- colorful streamers
- tape

#### Easy Prep

- Ensure that the green plastic tablecloth is still hanging on the wall.



### CORE BIBLE DISCOVERY

Kids fill cups with Ruth's blessings and then their own blessings.

#### Supplies

- Bible
- 16-ounce disposable cups (1 per child)
- permanent markers (1 per child)
- "Ruth's Blessings" handout (1 per child) (download [here](#))
- tape
- paper
- pens

#### Easy Prep

- Cut apart the pictures on the "Ruth's Blessings" handout. Scatter the pictures of grain around the floor. Hide the pictures of the groom. Set the cross pictures in a pile in a corner. Hold on to the remaining pictures to distribute in class.



### LIFE APPLICATION WRAP-UP

Kids thank God for the blessings they wrote in Core Bible Discovery.

#### Supplies

- overflowing cups from Core Bible Discovery



### OBJECT LESSON

Kids estimate how full various containers are.

#### Supplies

- 5 clear containers of various sizes
- 5 different items to fill the containers, such as Legos, pompoms, pony beads, cotton swabs, and bite-size candy
- paper
- pens

#### Easy Prep

- Fill the containers with the supplies, using 1 item per container. Count how many items are in each container, and write the totals where kids can't see them.



### DEEPER BIBLE

Kids explore what blessings people have—even people who are going through a hard time.

#### Supplies

- Bibles
- 5 clear 8-ounce cups
- permanent marker
- wad of cash (you'll get it back!)
- smiley face stickers
- heart stickers
- small action figures

#### Easy Prep

- On the bottom of each cup, write one of the following: God's goodness and love (Psalm 23:6); God's presence (Isaiah 43:2); hope for the future (Jeremiah 29:11); hope of heaven (Revelation 21:4); strength from God (Philippians 4:12-13).
- Fill each cup to overflowing as follows:
  - God's goodness and love: heart stickers, cut

- apple slices (1 apple's worth)
- bowl

- apart but still on their backings
- God's presence: action figures
  - Hope for the future: smiley face stickers, cut apart but still on their backings
  - Hope of heaven: apple slices
  - Strength from God: a wad of cash



## CRAFT

**Kids decorate a set of four cups.**

### Supplies

- Bible
- clear plastic cups (4 per child)
- permanent markers in a variety of colors

### Easy Prep

- Make a sample craft to show kids.



## LOW-ENERGY GAME

**Kids play a board game where they receive overflowing blessings.**

### Supplies

- 8-ounce cups (1 per child)
- 4 different colors of paper (2 same-colored sheets per child)
- "Game of Life" handout (1 for every 4 kids) (download [here](#))
- dice (1 for every 4 kids)
- upbeat music (optional)
- music player (optional)

*\*Marked supplies can be reused from Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



### Supplies

- Bible
- green plastic tablecloth from Week 7
- colorful streamers
- tape

### Easy Prep

- Ensure that the green plastic tablecloth is still hanging on the wall.

### Welcome

- Thank kids for coming.
- Make announcements.
- Introduce new kids.
- Collect the offering.

### Introduce the Lesson

Say: **We're learning a chapter of the Bible called Psalm 23. Psalm 23 is the most often quoted psalm! It's about how God is our shepherd. And in today's part of Psalm 23, we're celebrating how God overflows our cups with blessings!**

- Give each child a streamer about 1 foot long, and have kids tape the streamers to the edge of the green tablecloth so it's "overflowing."
- This is the last week you'll use the field, so you can take it down after class.

### Share

- Tell kids what food or drink *you* would love to have overflowing amounts of.
- Have kids form pairs. Ask kids to share what food or drink *they* would love to have overflowing amounts of.
- After partners have shared, ask two or three kids to share with the whole group.

### Summarize

Open a Bible to Psalm 23, and say: **Mmm, it sounds like we'd have a delicious feast with those overflowing foods! But you know what? Our cups *do* overflow with blessings. Maybe it's not pizza or cookies, but our cups overflow with blessings from God like his love and goodness. Let's find out more from the Bible, God's special book. Everything in the Bible is true, and it's God's message for you! Plus, we can talk with God anytime. Let's do that now.**

Pray, thanking God for blessing us.



## Supplies

- Bible
- 16-ounce disposable cups (1 per child)
- permanent markers (1 per child)
- “Ruth’s Blessings” handout (1 per child) (download [here](#))
- tape
- paper
- pens

## Easy Prep

- Cut apart the pictures on the “Ruth’s Blessings” handout. Scatter the pictures of grain around the floor. Hide the pictures of the groom. Set the cross pictures in a pile in a corner. Hold on to the remaining pictures to distribute in class.

## Write on Cups

Say: **We’ve been learning Psalm 23, a chapter of the Bible that was written as a song about how God is like a shepherd. One thing shepherds do for sheep is provide for them. In fact, David, who wrote Psalm 23, talked about God’s provision this way.**

Read Psalm 23:5.

Say: **David said that his cup overflowed with blessings. Another way to say that is God blesses us. Let’s make cups that remind us of that.**

Give each child a cup and a permanent marker. Have kids write “My cup overflows with blessings” on their cups.

Say: **Let’s find out about a woman in the Bible named Ruth whose cup overflowed with blessings.**

## Find Ruth’s Blessings

Say: **Ruth’s story started out with a full cup—she got married! But then her husband, her brother-in-law, and her father-in-law all died.** Have kids shake their cups upside down to show they’re empty.

Say: **That’s not exactly an overflowing cup! But Ruth followed her mother-in-law, Naomi, to Judah. And God started giving her blessings!**

**First, Ruth and Naomi needed food. Ruth decided to go to a farm owned by a rich relative of her father-in-law. She was hoping to pick up any grain that the workers at the farm missed.**

Have kids gather the grain pictures you scattered on the floor, each taking four pieces. Kids can crumple the grain and put it in their cups.

Say: **Ruth didn’t get just a little bit of grain. Listen to this!**

Read Ruth 2:8-9 and 15-18.

Say: **Wow! God blesses us, and he sure blessed Ruth with food! Boaz also gave her water to drink while she worked.**

Give each child a picture of water from the handout. Kids can crumple the pictures and add them to their cups.

Say: **Our cups are filling up! Let’s see what else God did to bless Ruth.**

Read Ruth 4:9-10. Give each child a picture of Ruth in a wedding dress.

Say: **Ruth got married! God filled her cup with the blessing of a new husband. Let’s find Boaz and add him to Ruth’s cup of blessings.**

Have kids find the groom pictures around the room and tape them to their bride pictures. Then they can crumple the pictures and place them in their cups.

Ask: • **Tell about any wedding you’ve been to.** Share your own example first. Maybe it was your own!

Say: **And that's not all God did! God blesses us, and he filled Ruth's cup with plenty of food, a wealthy husband, and more! Ruth had a baby!**

Give kids each a baby picture to put in their cups.

Say: **And here's something really cool about that baby, Obed. When Obed grew up, he got married and he and his wife had a son named Jesse. Jesse grew up and had a son named David. Remember David, the guy who wrote Psalm 23? He was Ruth's great-grandson, and he became a *king*! And not only that; David was one of *Jesus*' great-great-great-great grandparents!**

Have kids each get a cross from the pile to put in their cups.

### **Add More Blessings**

Say: **Wow! We've seen how God blessed Ruth with food and family. God blesses us, too! And it looks like there's still room before our cups are overflowing. So let's thank God for how he's blessed *us* today!**

Set out paper, and have kids tear pieces that are a few inches wide so they can write blessings and crumple them to add to their cups. As kids write, they can share what they're writing. Have kids keep writing until they can't fit any more papers into their cups without them spilling out.

Say: **Our cups overflow with God's blessings! God blesses us with so much! Food, family, and money are some of the things God might bless us with. But Psalm 23 lists a few more blessings.**

Read Psalm 23:6. Have kids write "goodness," "unfailing love," and "the house of the Lord" on papers and add them to the overflowing cups.

Keep the overflowing cups for Life Application Wrap-Up.



## Supplies

- overflowing cups from Core Bible Discovery

## Walk Through the Valley

- Have kids form trios and sit together with their cups of blessings from Core Bible Discovery.
- Have kids take turns pulling papers out of their cups and thanking God for each blessing written on the papers.
- Pray: **God, thank you that you bless us. Thank you that whether we have a lot or we have a little right now, we *always* have your love, your goodness, and so much else from you! In Jesus' name, amen.**
- Thank kids for coming, and encourage them to come back next week ready to tell you some of the blessings they noticed this week.



### Supplies

- 5 clear containers of various sizes
- 5 different items to fill the containers, such as Legos, pompoms, pony beads, cotton swabs, and bite-size candy
- paper
- pens

### Easy Prep

- Fill the containers with the supplies, using 1 item per container. Count how many items are in each container, and write the totals where kids can't see them.

### Estimate Amounts of Items in Containers

Say: **Today we learned from the Bible about how God blessed Ruth with so many good things. God blesses us so much, too, that it's sometimes hard to count all of his blessings! Let's see how well you do when there's a lot of something to count.**

- Give each child a piece of paper and a pen.
- Have kids look at each container and write a guess of how many items are in the container. Kids may not touch the containers or the items.
- After kids have guessed about each container, reveal the answer for each container and ask kids what does or doesn't surprise them about each container's results.

### Talk About It

Say: **When we see containers of things like this, we almost can't help but make guesses about how much the container is holding. As we think about what we see, our brains are processing information.**

Ask: • **How did you make your guess about the number in each container?** Share an example of your own first, such as considering not only what was in the container but the size of the container itself.

Say: **You thought about and compared a lot to make your guesses! We often judge how big or good a blessing in our life is in a really similar way. When we look at what someone else has and compare it to what we do or don't have, it can make blessings in our lives seem smaller or not as good.**

Ask: • **What are things other people have that we compare to what we have?** Share an example of your own first, such as what your home is like compared to someone else's.

- **How would you try to count the blessings God has given you?**

Say: **God blesses us beyond what we even know! Even if we got pretty close in our guessing game, we can't begin to count all of the amazing blessings he's given us in our lives.**



Is Everyone Blessed? What About People Who Are Suffering?

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### Supplies

- Bibles
- 5 clear 8-ounce cups
- permanent marker
- wad of cash (you'll get it back!)
- smiley face stickers
- heart stickers
- small action figures
- apple slices (1 apple's worth)
- bowl

### Easy Prep

- On the bottom of each cup, write one of the following: God's goodness and love (Psalm 23:6); God's presence (Isaiah 43:2); hope for the future (Jeremiah 29:11); hope of heaven (Revelation 21:4); strength from God (Philippians 4:12-13).
- Fill each cup to overflowing as follows:
  - God's goodness and love: heart stickers, cut apart but still on their backings
  - God's presence: action figures
  - Hope for the future: smiley face stickers, cut apart but still on their backings
  - Hope of heaven: apple slices
  - Strength from God: a wad of cash

### Tip

- Is it too hard to gather all the supplies for inside the cups? You can substitute any of them with a bunch of papers that say the word the item represents. Then just make sure kids get to read the words so they know what's in each cup.

### Set It Up

Say: **We've been learning that God blesses us. David celebrated God's blessings in Psalm 23, writing that his cup overflowed with them! But sometimes people don't feel so blessed. They might be sick or going through a hard time.**

**So...is everyone blessed? What about people who are suffering? Let's dig in to that.**

Ask: • **What are some things people usually consider blessings?**

Say: **You named some good blessings! For example (hold up the cup of money), when our cups overflow with money, we feel blessed!**

Hold up the smiley face sticker cup. **Or when life is really happy, we feel blessed!**

Hold up the action figure cup. **When we're overflowing with friends, we feel blessed.**

Hold up the heart stickers cup. **When we have loving families at home, that's a blessing.**

Hold up the apple slices cup. **Good health can be a big blessing, too! And as you may know, an apple a day keeps the doctor away.**

### Dig Deeper

Ask: • **What are some life situations that *don't* feel like blessings?** Share your own story about a time that didn't feel like a blessing. Then let kids share ideas or examples.

Say: **We have a whole set of overflowing cups here. But sometimes things in life happen that feel like...well, like our cups are empty.**

**Some people don't have very much money. They struggle just to buy food and pay rent.** Have a child flip the cup of money over so the money falls out. Pick up the money and put it away so no one takes it. Then the child can read the words on the bottom of the cup.

Have a willing child read Philippians 4:12-13.

Say: **The guy who wrote this, Paul, experienced times he was rich and powerful. But he'd also faced times he was hungry and in prison. And you know what? It didn't matter! Either way, Paul knew he was blessed with God's strength.**

Ask: • **Give an example of a time *you'd* need the blessing of God's strength?**

Say: **Sometimes life feels happy, but other times people feel like they don't have anything to be happy about.**

Have a child flip the cup of smiley face stickers over so the cup is empty. Then the child can read the words on the bottom of the cup.

Have a willing child read Jeremiah 29:11.

Say: **These words were originally written to God's people when they were about to go through years of hard, sad times. They were stuck in a land far from home where they'd been taken as captives. But they were still blessed! That's because God promised hope for the future.**

Ask: • **What are things that give *you* hope even when life is sad?**

As kids share, put the smiley face stickers back inside the cup.

Say: **Some people have an overflowing amount of love from their families. But other people have really difficult family lives. Family doesn't feel much like a blessing to them. They may not feel like there's any love in their family's cup.**

Have a child flip the cup of heart stickers over to empty the cup. Then the child can read the words on the bottom of the cup.

Have a willing child read Psalm 23:6.

Say: **Even when we don't have love from our families, we always have God's unfailing love. That's a blessing! Your cup is never empty of love.**

Have a couple of kids help you put the heart stickers back in the cup.

Ask: • **How do you feel knowing God loves you?**

Say: **Sometimes our cups overflow with friendship. But other times? Well, we can get pretty lonely. We might feel like we don't have any friends in our cups.**

Have a child flip over the cup of action figures to empty it of "friends." Then the child can read the words on the bottom of the cup.

Have a willing child read Isaiah 43:2.

Ask: • **Say one word that describes how it makes you feel to know God is always with you.**

As kids share their words, add the action figures back into the cup.

Say: **Even when we don't have any friends, God blesses us with his friendship by always sticking with us. That's an awesome blessing!**

**And you know, it's great to have an overflowing cup of good health. But there are people who are really, *really* sick. They may even be dying. Let's see what their blessing can be even when their cup of health is empty.**

Have a child flip over the cup of apple slices to dump them out into a bowl. If you have enough, let each child take a slice. Then the first child can read the words on the bottom of the cup.

Have a willing child read Revelation 21:4.

Ask: • **What do you think it will be like when we don't have any pain or sadness?**

Say: **Sometimes God heals people from sickness on earth, and that's a blessing. But sometimes God heals us in heaven instead! Either way, we can have hope of a life one day with no pain or sadness.**

Ask: • **What turned out to be a good thing about dumping out our cups of blessings?**

Say: **We started with cups that were overflowing with things most people consider blessings. But God blesses us whether we have those things or not. In fact, when we emptied the cups we could see that there were even greater blessings on the bottom of the cups!**

**So when our cups are empty, we can look at the bottoms of the cups and see what blessings God has for us. And when our cups overflow, God can use us to be a part of blessing others!**

Pick up the stickers and action figures to return to your supply closet.



## CRAFT

### Overflowing Cup Set

[20 min]

### Supplies

- Bible
- clear plastic cups (4 per child)
- permanent markers in a variety of colors

### Easy Prep

- Make a sample craft to show kids.



### Make a Set of Cups

Read Psalm 23:5-6.

Say: **David wrote in Psalm 23 that God prepared a feast for him and that his cup overflowed!**

**We're going to make a set of cups you can take home and use with your friends or family so you can have an overflowing feast.**

Show kids the sample craft you made. Give each child four cups. Set out the permanent markers to share, and have kids follow these directions to make a set of cups.

- Decorate the four cups on the *outside only* with permanent markers.
- You can make all four cups match or do four different designs.
- You might use a sheep theme to remind you of Psalm 23 or draw blessings you're thankful for.

### Talk About It

Ask: • **Tell about how you decorated your cups.** Share first about why you decorated the way you did and how your cups remind you of God's blessings.

- **Tell about people you eat and drink with.**

Say: **Those people are some of God's blessings for us! God blesses us, and we can share his blessings with others. You can take these cups home and wash them by hand so the marker decorations will stay on. That way you can use the cups over and over with friends and family to remind you that God blesses us!**

Have kids take their cups home and use them with their friends and families, washing them by hand after each use.



## LOW-ENERGY GAME

[10 min]

### The Game of Life

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#### Supplies

- 8-ounce cups (1 per child)
- 4 different colors of paper (2 same-colored sheets per child)
- “Game of Life” handout (1 for every 4 kids) ([download here](#))
- dice (1 for every 4 kids)
- upbeat music (optional)
- music player (optional)

#### Tip

- If you used the Music Video block, consider repeating the songs from today’s lesson during the game. You can find the downloadable album [here](#).

#### Overflow Cups as You Play a Board Game

- Form groups of four kids.
- Give each group eight sheets of paper, two of each color. Have each child select a color and then tear enough pieces of paper to make 25 small paper wads and a small playing piece.
- Give each group a “Game of Life” handout and one of the dice, and give each child a cup.
- Kids will place playing pieces on the “Start Here” square. Then have the child whose birthday is closest to today start the game by rolling the dice. He or she will move the playing piece that many spaces and collect the number of paper wads shown on that square.
- Have kids take turns moving their playing pieces around the game board and collecting paper wads until their cups overflow. Kids may pass Start and continue around again if needed.
- The first player with an overflowing cup wins!
- If you’d like, play music as kids play.

#### Talk About It

Ask: • **How was collecting paper wads in our game like receiving blessings in our lives?**

• **What about the people whose cups didn’t overflow? Were they not blessed? Why or why not?**

Say: **It’s easy to compare our blessings and wonder why we don’t have what others have. But when we do that, we’re ignoring our own blessings. You all had cups full of blessings, even if you didn’t overflow your cup. God blesses us. We all have blessings to be thankful for.**