



FAMILY SUNDAY GUIDE



THE LORD IS MY SHEPHERD



welcome

Welcome!
We're so glad you're here.
Whether Jesus is new to you
or you've known Jesus for many years,
this is a chance for us to slow down,
share a meal and a conversation,
and discover together
what God has to say in a
familiar passage of scripture.

Feel free to use this guide
during your meal time together



Intro to family sunday

Have a leader read the following:

Life is filled with moments when we need guidance, comfort, and reassurance. Sometimes we experience peaceful seasons, and other times we walk through moments that feel uncertain or difficult.

Psalm 23 reminds us that God is not distant from our everyday lives. Like a shepherd caring for sheep, God guides us, provides for us, protects us, and stays close—even when we walk through challenging places.

Our short discussion is designed for us to slow down, talk together, and reflect on what it means to trust God. You don't need to be a Bible expert—just be ready to listen, share, and discover together how God cares for you.



ice breaker

(Try to keep this section to 15mins then move on to the discussion section)

- 1. WHO IS SOMEONE WHO HAS GIVEN YOU GOOD ADVICE OR HELPED GUIDE YOU? (WHAT MADE YOU TRUST THEM?)**
- 2. WHAT MAKES YOU FEEL CARED FOR?**
- 3. WHEN YOU ARE WORRIED OR UNSURE, WHO IS ONE PERSON THAT YOU TURN TO?**

Invite 2–3 people
to read sections of Psalm 23

¹The Lord is my shepherd, I lack nothing.

² He makes me lie down in green pastures,
he leads me beside quiet waters,

³ he refreshes my soul.

He guides me along the right paths
for his name's sake.

⁴Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

⁵You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.

⁶Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.



TABLE TALK

Try to keep this conversation to no more than 45mins

Remember that not everyone needs to answer all the questions and you can skip ahead if time is running out

1. Psalm 23 begins with, “The Lord is my shepherd.”
What do you think a shepherd does for sheep?
2. David says God provides for him.
What are some ways you have seen God provide for you or your family?
3. “He makes me lie down in green pastures, he leads me beside quiet waters.”
What do you think these pictures teach us about God’s desire for our lives?
4. Have you ever had a time when you weren’t sure what choice to make?
How can trusting God help us when we need direction?
5. What are some “valleys” people experience today?
How can knowing God is with us change the way we face difficult moments?
6. How would your family be different if you lived each day remembering that Jesus is your Good Shepherd.
7. What is one area of your life where you need to trust God’s guidance, care, or presence right now?



CLOSING PRAYER:

Psalm 23 reminds us that God is not only with us in the good moments—He is with us in every season of life.

He guides us when we need direction,
comforts us when we are afraid,
and stays close when we walk through difficult places.

We can trust that the Shepherd who cares for us
will never leave us.

Closing prayer:

Ask for prayer requests
Have 2 or 3 people close in prayer