

# A FAMILY GUIDE TO PSALM 23



A creative resource to  
develop Faith @ home.



## 5 Days in God's Word

The word of God is alive and active. It is sharper than any sword that has two edges. It cuts deep enough to separate soul from spirit. It can separate bones from joints. It judges the thoughts and purposes of the heart.  
**Hebrews 4:12 NIV**

### How To Use

Amid crisis, it is important that we always Trust in God.

Since parents are the primary educators of their kids, we wanted to give you tools to teach your kids the Truth of God's Word.

No matter what challenges you face, God is always good. We trust these lessons and activities will help to reinforce that in your children.

### Sharing Content

We want these lessons to be accessible to everyone. Whether you are a parent, pastor, teacher or friend, you are free to share them.

***But please do not make a profit from them.***

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### Praise

~ Sing & Dance ~

This section is designed to help families **worship God** together by offering links to worship songs from YouTube.



### Art

~ Be Creative ~

This section is designed to help families **be creative** by doing different art projects, using items found around the house.



### Play

~ Fun & Games ~

This section is designed to help families **play games** together that will reinforce the verse of the day and promote fun, bonding experiences within the family!



### Experience

~ Dig Deeper ~

This section is designed to help families **dig deeper** into the verse using objects to teach a concept related to the verse and/or devotion.

## Additional Family Resources

[Compassion Canada](#) | [Focus on the Family](#) | [Kids of Integrity](#) | [Valued by God](#) | [Group Pub Resources](#)  
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Day 1

The LORD is my shepherd;  
I have all that I need.

Psalm 23  
verse 1

## Family Devotional

The beginning of this Psalm is a perfect way to begin to understand who David is writing about. He says "The Lord is my shepherd."

A shepherd is someone who cares for, guides, and protects a flock of sheep. This verse says that God is our Shepherd. So, does that mean we are like sheep? Yes, it does!

Have you ever thought about yourself as a sheep before? We may not be fluffy and have four legs but we do things that are just like sheep. Sheep get lost easily without their shepherd guiding them. Sheep need the shepherd to protect them from danger. Sheep are weak or vulnerable. Yet sheep are also valuable. Sheep provide people with wool for clothing. They give us milk and meat for food.

We are just like sheep. We can easily get lost and forget about our Shepherd (God). We need our Shepherd's protection from danger. And we can provide others with valuable things like love and hope.

So yes, we are like sheep. But it's okay, because this verse shows us that The Lord is MY Shepherd. It doesn't say A shepherd or ONE of many shepherds. God is OUR Shepherd. That means that He is our God who is guiding us, protecting us, and loving each of us as His own. Because of God's presence, David says, I have all that I need!

Say: "I have all that I need!"



## Praise

~ Sing & Dance ~

Did you know that King David wrote songs of praise to God? He also danced before God (see 2 Samuel 6:14). God deserves our worship because He is all that we need. Let's use songs to praise Him now!

- **John 10:27-28** - Hillsong Kids
  - <https://youtu.be/C3JU7AIEdzE>
- **All Around The World** - Lifetree Kids
  - [https://youtu.be/ew9GjmGXD\\_I](https://youtu.be/ew9GjmGXD_I)
- **You're All I Need** - Hillsong Kids
  - [https://youtu.be/AcF9Qlnqp\\_Q](https://youtu.be/AcF9Qlnqp_Q)



## Art

~ Family of Sheep ~

**Supplies:** items to make sheep (e.g. paper, markers, paint, cotton balls, tissues, glue, etc.)

- Draw, paint or glue together a picture of your family as if they were sheep.
- Be sure to add features that make the sheep look like your family. For example, a sheep of a grandparent might need glasses and grey hair on it's head!
- Show your family the sheep you made.
- **Ask:** How do you feel about being sheep?
- **Remember:** We are like God's sheep which means He cares for us with His Love.



## Play

~ Hide & Go Sheep ~

**Supplies:** None

- Nominate one family member to be the shepherd.
- Everyone else will be the sheep.
- The sheep must go and find somewhere to hide while the Shepherd closes his or her eyes and counts to 30.
- The Shepherd must go looking for the lost sheep and lead them back to safety (the starting point) by chasing them once they are located.
- Play until everyone is found and safe at the starting point.
- Play again, this time switching shepherds.

**Discuss:**

- When you were a shepherd, how easy was it to find the sheep?
- When you were a sheep, how did you feel waiting for the shepherd?

A shepherd would be considered good if he keeps the sheep safe and then saves them when they get lost.

**Read John 10:11.** The Bible tells us that Jesus is our Good Shepherd. He keeps us safe from danger and He saves us when we go astray. He is all that we need to save us!



## Experience

~ Guiding Sheep ~

**Supplies:** Balloons (or light balls), paper or newspapers, tape, two chairs, a fan (optional)

**Object:** Shepherds (kids) need to guide the sheep (balloons) into the gate (chairs).

- Set up two chairs at one end of the room to make a gate.
- Create a starting line at the other end.
- Give each child paper or newspaper to twist and shape into a rod. Tape them tightly so they don't come apart.
- Give each child a balloon (or light ball) and explain that it will be the child's sheep.
- Have the children stand at the starting line with their balloons in front of them.
- On GO, they will use the rod to tap and guide their balloon to the gate.
- **Optional:** You can make it harder by turning on a fan to blow the balloons around

**Discuss:**

- How are we like these sheep balloons?
- If you used the fan, how are we like sheep when the fan is off and when it's on?
- Do you think it is hard for sheep to get where they are supposed to go without the Shepherd? Why or why not?

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## Day 2

He lets me rest in green meadows;  
he leads me beside peaceful streams.  
He renews my strength.  
He guides me along right paths,  
bringing honor to his name.

## Psalm 23 verses 2-3

### Family Devotional

There is a common item used in baking that can change its form before your eyes. It's called corn starch. Try mixing 1/2 cup of cold water with a cup of corn starch. If you lift it with your fingers, it will go runny, but if you form it into a ball, it will be firm. Now open your hand and watch it go runny again! Corn starch has the strange ability to change from runny to firm to runny right before your eyes!

When things we're used to in life suddenly change, we can feel worried or unsure like the runny corn starch. When that happens to me, it's hard for me to sleep at night as I think about all sorts of questions I have. Then the next day, I feel grumpy and tired!

**Remind yourself before you go to sleep that God gives you peace and strength!**

When we experience big changes in life, we need help to be strong and focus on who is in control. Just like the corn starch can go from runny to firm, God can help us to feel calm and stable anywhere we go. Whether we're at home, at school or travelling, God can help us because He watches over us all the time.

Knowing that God watches over us can bring us peace and give us the power to be strong when things change.

If we have faith that's firm like corn starch, God will show us how to take the right path and make decisions to show others about Him!



### Praise

~ Sing & Dance ~

Sometimes, we get really busy in life and we don't take time to really rest. The Bible says we can go to God when we need rest and He will teach us. Let's take time to rest and think about Jesus while we sing to praise Him!

- **My Strength** - AmberSky Records
  - <https://youtu.be/4hEE8yIjl8c>
- **I Can Do All Things** - Orange Kids
  - [https://youtu.be/gz95MznU\\_VU](https://youtu.be/gz95MznU_VU)
- **Tell The World** - Hillsong Kids
  - <https://youtu.be/Y2wSqfGulI>



### Art

~ Trophy Time ~

- People get trophies when they are the best at something. Let's make a trophy for God, who is the best at giving rest, strength and guidance to do what's right.
- Make a trophy out of household items, like paper towel rolls, plastic spoons, recycling.
- People need guidance from God to follow the right path or to do what's right in life. And God is faithful to help us!
- Set your trophy up as a reminder that God is the very best one to guide us!

#### Discuss:

- What does verse 3 mean by "right paths"?
- How can we know we are on the right path?



### Play

~ On our own strength ~

**Supplies:** Light-weight items, heavier items

- Find a light-weight item for each family member to hold.
- Spread out around the room and have everyone hold their item over their head using both arms.
- See who can hold their item up the longest. You can time the round if you want.
- Play multiple rounds, switching light items out for heavier things each time.

#### Discuss:

- How long did you think you were going to be able to hold your item on your own?
- How did you feel when you started to get tired?
- Would you rather hold the lighter items or heavier ones?
- How long do you think you could have held your item if you had help?

Life can get really busy and make it hard for us to find rest. But rest is so important if we want to be strong and confident.

God renews our strength in life and we can rely on Him when we feel weak, tired, or uncertain.



### Experience

~ Cloud watching ~

#### Outdoor Option

- Find a spot in your yard to lay on a blanket and look up at the sky.
- Set a 2 minute timer. For those 2 minutes, everyone needs to be silent and just look at the clouds above to see what shapes you can discover.
- After watching the clouds for 2 minutes, share what you saw in the sky and see if others can see those shapes.

#### Indoor Option

**Supplies:** Paper, markers or crayons

- Draw cloud shapes on a bunch of papers and post them on a ceiling or high on a wall.
- Have your family lay on the floor.
- Set a 2 minute timer and have everyone be silent, looking at all the clouds above to see what shapes you can discover.
- After watching the clouds for 2 minutes, share what you saw and see if others can see the same shapes.

#### Discuss:

- Where are we able to lay down and rest?
- What does it mean to rest?

Sheep can lie down and rest when they feel safe with their shepherd - so can we!

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## Day 3

Even when I walk through the darkest valley,  
I will not be afraid, for you are close beside me.  
Your rod and your staff protect and comfort me.

## Psalm 23 verse 4

### Family Devotional

A valley is a low area between two mountains, often with a river running through it. Valleys are usually full of life, lots of greenery, bushes and animals. But valleys can become very dark in the morning because the mountains block the light from the sun.

Have you ever wondered if the sun is still shining when it's dark out? If you understand the solar system, you know that the sun is always shining. When it is dark, we on the earth, are just turned away from the sun. Darkness does not mean the light isn't there. It just means something in front of it is blocking its brightness!

Each person's life is sometimes called a journey. In our life journey, there might be

times when we feel scared or like we are walking into a dark valley. But there is still light and beauty around us, even if we can't see it. We don't have to be afraid because the Light of Jesus has never left us and will never leave us!

The rod and staff that protect and comfort us can be reading The Bible and spending time in prayer. These are things that we need to remind us of God's protection and comfort!

#### Read Psalm 80:1

He will feed his flock like a shepherd.

He will carry the lambs in his arms, holding them close to his heart.

He will gently lead the mother sheep with their young.



### Praise

~ Sing & Dance ~

When something seems scary, like a bad dream, you feel nervous or afraid. But when you realize that it's not scary, you feel comforted and you might want to jump for joy. Let's jump for joy in praise to God right now!

- **Psalm 73:28** - Hillsong Kids
  - <https://youtu.be/W3dEMcdHLVQ>
- **Raise the Game** - Orange Kids
  - <https://youtu.be/yLhoerNwDxE>
- **Movin' Me** - AmberSky Records
  - [https://youtu.be/HO\\_tgiWWSig](https://youtu.be/HO_tgiWWSig)



### Art

~ Mountains & Valleys ~

- Create two mountain areas in your house using furniture, blankets and cushions.
- Make a valley in between, and fill the valley with life and things that bring you joy!
- Sit together as a family in the valley.

#### Discuss:

- *This valley might be a low area, but we've made it beautiful. How can we make sure to see the good during low times in our lives?*

**Pray Together:** Thank you, God, that you watch over us everywhere we go. You protect us in the low times and when we're scared. You help us to feel calm and peaceful because we know you take care of us. In Jesus' name, amen!



### Play

~ Afraid or Unafraid? ~

**Supplies:** Paper, markers, tape

#### Set-up:

- Write "afraid" on one piece of paper and "unafraid" on another.
- Tape each paper on a different wall.

#### Play:

- You'll say common fears from the list and kids will go to the side of the room that applies to them. You can also add more.
  - Heights
  - The Dark
  - Tests at school
  - Being alone
  - Spiders
  - Sharks
  - Talking in front of a crowd
  - Nightmares

#### Discuss:

- *What is your number one fear?*
- *Why are you afraid of it?*
- *Do you believe God will protect you from it?*

Remind kids that God is always with us when we're afraid. We don't need to remain in our fear, because God is our comfort.



### Experience

~ Shadow Puppets ~

**Supplies:** A wall, a light source (flashlight or bedside lamp)

#### Set-up:

- Place the light so that it shines on the wall with some space between it.

#### Instructions:

- One person will start by placing one hand between the light and the wall so that the shadow of the hand is clearly visible.
- That person should change the shape of their hand by making animals, birds or other shapes.
- Have the other family members guess what shadow this person is trying to make.
- Play more rounds, allowing each family member to have a turn.
- You can also do more rounds making the shadow puppets with two hands.

**TIP:** If you need help getting started, you can use [this video](#) as a how-to guide.

#### Discuss:

- *When are times shadows may seem scary?*
- *How can we remember that there is light amidst the darkness?*

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## Day 4

You prepare a feast for me  
in the presence of my enemies.  
You honor me by anointing my head with oil.  
My cup overflows with blessings.

## Psalm 23 verse 5

### Family Devotional

Take a look at the table in your kitchen or dining room. How many seats are there? Why is there more than one chair?

Tables are a place where we gather and spend time together. Some of my favourite times to gather around the table is for a birthday! Picture this: your favourite cake is on the table, birthday candles are lit and everyone surrounding the table is singing to you! Even though the cake on the table is a special blessing or gift, the people who came to celebrate you are the real blessing!

Celebrations like this with people who love us can remind us that our lives are overflowing with the blessing of God's presence.

In today's verse, we see that God prepares a table for us in the presence of enemies. He does this because He loves us and wants to honour, bless and celebrate us as His children!

Why does this verse say God anoints our head with oil and makes our cup overflow? Anointing with oil was used to set apart someone for a special service, like a King or a Prophet. It was also used to show someone who was very special. An overflowing cup gives the picture of someone who has everything they need.

Think back to the birthday table. The birthday boy or girl would be set apart from other people and would receive lots of blessings. **God wants you to feel that special every day!**



### Praise

~ Sing & Dance ~

What is one song you love to dance to or sing along with?

Let's honor God the way He loves and honors us by dancing and singing to worship Him.

- **All I Need** - Orange Kids
  - <https://youtu.be/ICGYcta0vAY>
- **No, Not One** - Lifetree Kids
  - <https://youtu.be/qGTYuTkgf3A>
- **Can't Contain It** - AmberSky Records
  - <https://youtu.be/zkllbMOjFfc>



### Art

~ Comic Strip ~

- **Supplies:** Paper, drawing materials
- Draw lines on your paper to cut it into several boxes (around 4 to 8 should work).
- Create a comic strip of one of the best celebrations you have been a part of by drawing one scene in each box.
- Make sure to include God in it as He prepares the way for our celebrations!
- *Show your family the comic strip you made.*
- **Ask:** *What celebration do you think I drew?*
- **Remember:** *God wants us to feel special because we are truly valued by Him.*



### Play

~ Follow the Path ~

**Supplies:** Paper, dice or a dice app

- Set up a path throughout the house using paper.
- Each person will take a turn rolling the dice or dice app and taking that number of steps or hops on the path.
- While they do this, they will also list that number of blessings (e.g. roll 5, list 5 things)
- Family members can help each other to make their lists.
- The game ends when someone reaches the end of the path.
- Play as many times as you want.

#### Discuss:

- *How easy was it to list those blessings?*
- *Who can help you see the blessings around you when you aren't aware of them?*
- *How did it feel having to wait to roll the dice in order to move on the path?*

*It took time for you to cross the path because you had to wait to roll the dice. In life, it may feel like we have to wait for God to act and help us. But God always knows where we are in our journey and He gives us many blessings!*



### Experience

~ Testing Oil ~

**Supplies:** Different types of oil (vaseline, hair oil, cooking spray, cooking oils, hair oil, )

- Show the kids the different oils and tell them that each one has a different purpose.
- **Ask:** *What do you think each one is for?*
- Let kids spray, smell or touch the examples
  - Vaseline – protects skin from drying out
  - Hair oil – protects hair from drying out
  - Cooking spray – to keep food from sticking to a pan
  - Vegetable oil – an ingredient to keep a cake moist and give it texture & flavour
  - Olive oil – for cooking and anointing

#### Discuss:

- *There are a few different reasons for anointing oil within the Bible. Shepherds would anoint a sheep's head to keep the pesky flies away.*
- *In the same way that the oil protected the sheep from those pesky flies, the Holy Spirit can protect us from harm.*
- *Use that example as a reminder that the Holy Spirit is surrounding you, speaking helpful words to you. These words you can celebrate and use to help you!*

### Additional Family Resources

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## Day 5

Surely your goodness and unfailing love will pursue  
me all the days of my life,  
and I will live in the house of the Lord forever.

## Psalm 23 verse 6

### Family Devotional

Think about your favourite tv show or movie. There are lots of scenes within the show or movie that go together to reveal the whole story. You start at the beginning, watch the details unfold, and continue to the end.

Psalm 23 is also a story. It's the story of you and your Shepherd. It's about all the days of your life. Every scene, every day of your life, God is with you. He goes before you, walks beside you, and follows behind you!

Your story is very exciting and the best part of it is that it will never end! When we place our faith in God and choose to live for Him, our story will continue forever and we will live in the house of the Lord (heaven) forever!

What amazing promises this verse offers us!

1. That God is good.
2. That His love follows us for all of our days.
3. That we can live forever with God when we trust in Him.

**What are you doing to prepare for eternity (forever) with God?** The Bible talks about how God will be worshipped for eternity (see Rev. 5:11-14) and how God will rescue us from death, crying, sorrow and pain (Rev. 21:4).

Everyone needs to be rescued from a broken and painful world. God promises to rescue us. He deserves worship for that! We can prepare for eternity by worshipping God and by telling other people that they need God!



### Praise

~ Sing & Dance ~

We have some practicing to do for an eternity of worship to God! Let's get started today by singing songs of praise to God!

- **Running** - Hillsong
  - <https://youtu.be/GTPMn8ThFzQ>
- **Way Maker** - Allstars Kids Club
  - <https://youtu.be/0wyotu9Twko>
- **No Matter What I'm Facing** - Lifetree Kids
  - <https://youtu.be/CdlqkujmFSE>



### Art

~ Shoe Reminders ~

**Supplies:** Permanent marker, coloured bead(s) or a metal washer or a metal nut

- Use a marker to put a symbol that reminds you of Psalm 23 on the item of your choice.
- Grab a shoe that has laces and unlace it.
- Before re-lacing the shoe, thread your bead(s)/washer/nut on the lace, then lace it so the item is closest to the toe of the shoe.
- When you see the item on your shoe, it will remind you that God's goodness and love will be with you every step you take!

**Discuss:**

- *Why should we remember God is with us?*



### Play

~ Sheep Sharades ~

**Supplies:** Paper, scissors, pen or pencil

**Set-Up:**

- Cut paper into strips.
- Write sections of Psalm 23 onto different strips of paper.
- Put the strips into a hat.

**Play:**

- Have 1 person pick from the hat and act out that part without using words.
- See how quickly everyone else can guess which part of the verse they are acting out.

- Play again with a new person drawing another part of the verse.
- Be sure to help kids who can't yet read.

**Discuss:**

- *How hard was it to act out the verses?*
- *How did you do at guessing what someone else was acting out?*

*Guessing which verse we were acting out was fun but also hard. The good news is that we never have to guess about God's plan for us. The Bible tells us - He is coming back to save us so we can spend eternity with Him!*



### Experience

~ Fill-in-the-Blank ~

- Print [this handout](#) or copy it onto paper.
- Have each child fill in the blanks of Psalm 23 with their name. See the example below:

1. The LORD is \_\_\_\_\_ shepherd; I have all that I need.
2. He lets \_\_\_\_\_ rest in green meadows; he leads \_\_\_\_\_ beside peaceful streams.
3. He renews \_\_\_\_\_ strength. He guides \_\_\_\_\_ along right paths, bringing honor to his name.
4. Even when I walk through the darkest valley, \_\_\_\_\_ will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.
5. You prepare a feast for \_\_\_\_\_ in the presence of my enemies. You honor me by anointing my head with oil. \_\_\_\_\_ cup overflows with blessings.
6. Surely your goodness and unfailing love will pursue \_\_\_\_\_ all the days of my life, and \_\_\_\_\_ will live in the house of the Lord forever.

**Discuss:**

- *How does it feel to know that God does all the things in this passage just for you?!*

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