

Sunday School resources for getting back to church

# WITH GOD TOGETHER

Tackling emotions through the Psalms



**LESSON 2: PSALM 23**

**“God is with us”**

**faith**in**kids**

With God Together

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We recommend the International Children's Bible for use with children during the lesson. Our leader's notes use the New International Version.




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*'All for the glory of God alone'* (1 Corinthians 10:31)

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# God is with us

## PSALM 23



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### Big Idea:

God looks after us every step of the way and will lead us safely home.



### Faith in Kids looks like:

Children who are comforted by God's presence and confident of God's care.



## Preparation

Pray and read the Bible passage. Read **Where are we going?**, **Look at the Passage** and **Win my heart first** to give you a better understanding of the passage and the **Big Idea**. Spend some time thinking through how this makes a difference to your life.

Read the lesson plan for the age group you will be teaching. Use a **Get Going** or **Brain Break** idea from a different age group if it is better suited to your children.

Prepare your lesson. Think through the **Take 10 minutes to focus!** questions before preparing your

**Teaching Time.** Use a suitable Bible translation for the **Teaching Time** for your age-group. We use the International Children's Bible which can be found online at [www.biblegateway.com](http://www.biblegateway.com). Keep the **Big Idea** in your mind to help you teach it clearly in every part of your lesson. Use the blank **Lesson Template** to plan the different sections. Collect/draw/print/make what you need.

Pray for the children in your group to grasp the **Big Idea** and to live it out in their lives. Remember that you have the Holy Spirit's help as you teach God's word!



## Where are we going?

When we are struggling and things feel chaotic it's easy to feel like God has abandoned us. David says the very opposite; he claims that God is absolutely with us, by our side and leading us through. Shadows, dark valleys and enemies still exist. Despite that, David paints a picture of safety because he is in the presence of an overwhelmingly good shepherd who will never leave him. This is true for us too. When we walk beside quiet waters or through dark valleys, he is with us personally.

Our good shepherd Jesus leads us individually but he is also the shepherd of his whole flock. Our journeys differ, but he is leading all of us home to a place of safety that he has made ready for us.

When the big emotions of abandonment and loneliness feel bigger than God's presence, our children need to know that they can trust their good shepherd to hold them safely by the hand always.





## Look at the Passage

King David began life as a shepherd boy. He understood the relationship between a shepherd and his sheep. In this psalm, he draws from that experience to paint us a rich picture of God's deep care for his vulnerable people.

**He is Mine v1** 'The Lord is my shepherd' - don't miss the impact of these familiar words! We get to call the promise-keeping God who made the heavens *our* shepherd. God has not stayed far away; he has come close. By his Spirit we can know his real and personal presence.

**He is the shepherd v1-3** If he's the shepherd then we are the sheep. We need help, protection and to be led. Naturally, we follow others blindly and live for the moment. The shepherd has a completely different perspective to the sheep. He knows what we need. He leads, he feeds, he makes us lie down, he restores. Think what a difference it would make if we remembered the roles in this relationship.

**He is there v4** In the darkest valley of our deepest fear, when we feel most alone and afraid, he is there. Hear the psalmist switch from talking about the Lord to directly addressing him: 'you are with me'. We have someone to talk to who understands. We have someone who can take the fear away even when we are facing evil. We have a God who has removed death's sting. The very worst that could happen is now something we no longer need to fear, but is just the doorway home.

**He is leading us home v4-6** God the shepherd isn't just with us in the valley; he leads us through to the other side. But the psalm doesn't end with fat sheep lying happily somewhere pretty. The end of the story is so great that the picture of sheep and a shepherd is not enough. Now we find that we are sitting feasting at the table of a victorious king. We have a room with our name on the door and we're here to stay.

Who would bother to go to such effort, endure such danger and undertake such cost to construct such an elaborate happy ending for a bunch of clueless sheep? God would!



## Win my heart first

At this very moment, you are not alone. Maybe your feelings fight that truth. But the reality is that the Lord, your shepherd, is with you right now. Imagine if we lived each day totally confident that God was present with us, hand in hand every step.

Maybe you're enjoying some lush pastures of life at the moment and it's easier to believe that truth. Or maybe you're in a dark valley and you feel quite alone. When things go wrong for you, where do you turn? Friends? Family? Distractions? When

you are struggling, how do you try and fix it? Stuff? Experiences? Food? Drink? TV? When you're lonely or afraid, who do you want to talk to?

Your shepherd is with you, ready to listen and to walk alongside you when it hurts. You totally belong to him and nothing you did or didn't do can change that fact. No matter what ups and downs life brings your way you are heading somewhere wonderful, beautiful and eternally secure. That's what believing this psalm looks like.



## Question for my heart

*For your heart, before you prepare the lesson.*  
When you feel lonely, isolated or like you don't belong, what stops you from believing this truth? What

part of this psalm most warms your heart to the truth that God is with you always and forever? What will you say to God next time you feel alone?



# Bible Story Idea

This has been written as an all-age slot to introduce the whole church family to what the children are learning today, but it could be adapted for the children's classes.



## Helpers Needed

A volunteer to be a sheep.



## Props

A Bible, simple sheep costume or mask, cup of water, wolf toy, party hat and PowerPoint slides of the following pictures/text: a young child alone looking scared with the word 'lost'; a lonely looking teenager with the word 'lonely'; an adult alone looking disappointed with the words 'let down'; the words 'You are with me'.



## What to Say

We are stepping into the Psalms again today. They remind us of big truths about God to help us tackle the big emotions we feel. The psalms show us that we can be honest with God; we don't have to hide how we feel from him.

Today, we'll see why God is the best person to go to when we feel alone.

When did you last feel alone?

If you're little, it could be that horrible moment in a playground or supermarket when you look around and think, 'Where's Mum gone?' You feel alone and scared and you just want to cry.

Or if you're a bit bigger it could be when hard stuff is happening. Things are wrong and you have no one to talk to who really understands.

Or maybe you're bigger still and you feel let down. Let down by friends, let down by family, maybe let down by church. You were hurting and they did nothing. No one came running.



## What to Do

Hold up your Bible.

[PowerPoint visual - 'lost' child]

[PowerPoint visual - 'lonely' teenager]

[PowerPoint visual - 'let down' adult]



## What to Say



## What to Do

The person who wrote this psalm had good times and difficult times in his life. He was King David but at one time he was running from danger and felt scared and alone. He wrote this Psalm because he knew who to turn to when he felt alone.

[PowerPoint visual - 'You are with me']

Before he was king, David was a shepherd. He knew a lot about sheep and how to look after them.

The psalm is a story about a sheep's journey.

*Read Psalm 23.*

There were some really good times - fields of green grass to munch on and lie in. Still waters to drink and cool down in.

Sheep volunteer comes to the front. Give the sheep a cup of water to drink.

But there were also some hard times.

The sheep went through dark valleys with scary shadows and enemies trying to get him.

Chase the sheep with the wolf.

There were some difficult times but the psalm tells us about a brilliant ending.

Wow! The sheep got home, he was safe and at the best party table ever!

Sheep puts on a party hat.

The sheep had some ups and downs in life, but he was able to keep going because he wasn't alone. His shepherd was with him every step of the way. The shepherd led him, listened to him, helped him and took him safely home.

[PowerPoint visual - 'You are with me']

David wrote this psalm because he knew God was always with him - leading him and looking after him so he had what he needed. That's why he said, 'The Lord is my shepherd.'

He had a personal relationship with God. He knew God was always right there with him.

Hold up the cup of water.

continued →



## What to Say



## What to Do

David said, 'Even if I walk through a very dark valley, I will not be afraid because you are with me.'

He talked to God when he had hard times. He knew his powerful God was with him all the time.

Hold up the wolf.

David said, 'And I will live in the house of the Lord forever.'

He looked forward to being with God, face to face, safe in his house forever!

He got through the hard times because he knew his shepherd was leading him to the best place ever.

Hold up the party hat.

David's God is our God. We are his people. God is with each one of us by his Spirit. We can't see him so it can be easy to forget this amazing truth.

That's why we need this psalm when we feel alone. It reminds us of our shepherd who is with us, leading us and listening to us ALWAYS!

Together we are God's flock. We are safe with him. He cares for us and we can trust him to lead us safely home.

Hold up your Bible.

Pray a thank you prayer.





# Lesson Overview



10 minutes to focus



Get Going



Teaching Time



Brain Break



Heart & Hands



## 10 Minutes to Focus

When preparing, keep these questions in mind and check your planning to see that you are ready to engage your group. Take that clarity into your **Teaching Time** so that you get the **Big Idea** across.



## Get Going

Focus the children's attention on the theme of the session using a game or activity. Light, not manic, so that the children can be calm afterwards, with their minds ready.



## Teaching Time

Teach the key content of the lesson in an engaging way. Place emphasis to point clearly to the **Big Idea**. If you have used the **Bible Story Idea** already, you may not need to cover the whole story again. If not, you can adapt it to use here with your group or tell the story in another way, perhaps using the suggestions below. However you do this **Teaching Time**, conclude with a simple explanation of the **Big Idea**.



## Brain Break

A chance to rest the children's minds before **Heart and Hands**. Get children moving. Finish by linking the activity to the **Big Idea** so that this time serves the Bible story.



## Heart & Hands

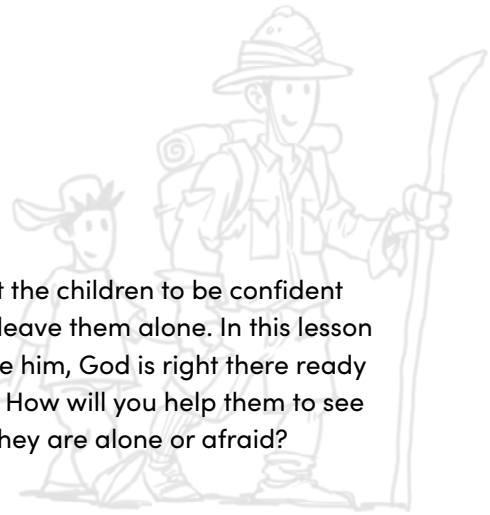
### Small group discussion:

The vital chance for the children to reflect on the story, so that its truths impact their hearts. They do the talking, not the leader. All the children need to be given the opportunity to respond. Ask each question to multiple children. The questions will lead the children to see how their heads (thoughts), hearts (feelings) and hands (actions) are shaped by the Bible story through the work of the Spirit.



# Explorers

## 3–5s



**Take 10 minutes to focus!** In this age group you want the children to be confident that God, by his Spirit, is always with them and will never leave them alone. In this lesson you will help them to know that even though they can't see him, God is right there ready for them to talk to, ready to help and leading them home. How will you help them to see how this truth makes a difference to how they feel when they are alone or afraid?



## Get Going

### Keep the Sheep

**You will need:** A sheep toy/picture for each child, party hats and balloons, a green sheet/towel, a blue sheet/towel, cushions, chairs and a blanket.

Set up a simple obstacle course to represent what is described in the psalm - green and blue sheets/towels on the floor as a field of grass and water; cushions as stepping stones across the water; a tunnel of chairs with a blanket draped over it as a dark valley. Place the party hats and balloons on a table at the end of the course.

Give each child a sheep toy/picture to look after.

Look at the course together and talk about how the sheep can't get to the party table on their own. They need a shepherd to keep them safe and lead them through the grassy field, over the stepping stones and through the dark valley. They must 'keep the sheep' and help them to complete the course to get to the party table together.

**Link:** We pretended to be shepherds when we looked after our sheep. Today, we're learning about how God looks after us. He is always with us - like we were with our sheep.



## Teaching Time

**You will need:** the sheep toys/pictures and obstacle course from **Get Going**, psalm illustration (picture 1 - see **Appendix**), a play figure and a small sheep toy.

Explain that you are looking at a psalm which is a song in the Bible. It's about how God looks after us.

### Look and Listen:

- Look at the psalm illustration. Ask the children to tell you about what they can see.
- Listen to the psalm: read Psalm 23. Place the toy sheep and the play figure as a shepherd on different parts of the picture as you read the psalm.

### Do:

- Let the children take their sheep toy/picture through the obstacle course again. Help

them make the link between the parts of the course and the psalm. Keep this short and fun - a moment of movement to help their understanding of the psalm. Have fun as they pretend their sheep are frolicking in the field or having a drink of the water. Keep pointing out that the shepherd was always with the sheep - looking after it and keeping it safe.

### Look and Listen:

- Look at the psalm illustration again. Ask the children to point out the shepherd.
- Explain that the person who wrote the psalm, David, was a shepherd. He looked after his sheep, just like the children looked after their sheep in the **Get Going** course.
- Talk about how God looks after us. He sent us Jesus, our good shepherd - he is always with

us by his Spirit. Jesus is such a good shepherd because he also lived on earth. He had happy times and hard times too. He knows we need his help everyday – just like a sheep needs its shepherd. Jesus is in heaven now but he promised that he will be with us by his Spirit every day to help us. Every day, everywhere we go, if we are happy, sad or scared – he is with us. He promises to look after us until we are home safe in his house eating at the party table in heaven.

#### Do:

- Make up an action to help the children remember that Jesus is always with them e.g. hold their hands together as if they are holding his hand. Or

touch the side of their arm to remember that he is by their side.

- Do the action as you tell them how this truth makes a difference in their lives (you know their situations; use examples that will be most helpful to them):
  - *When it's dark and you feel worried, remember: Jesus is with you. You can talk to him.*
  - *When you say goodbye to Mum or Dad at nursery/school, remember: Jesus is with you. You are safe in his hands.*
  - *When you're left out of a game, or have no one to play with, remember: Jesus is with you. He loves you very very much.*




## Brain Break

### Party Time

**You will need:** The party table from **Get Going**, a device that plays music.

Walk through the **Get Going** course to get to the party table at the end. As you go, remind the children that Jesus the good shepherd is always with them.

At the party table, celebrate that Jesus will lead his people home to heaven to enjoy his party with him. Play some music, have a dance and play a simple game of musical statues or musical bumps.

 **Link:** Jesus is always with us. He looks after us every day until we are home with him enjoying the best party ever.



## Heart & Hands

### Craft Time - Make a Hand in Hand picture

**You will need:** A printed craft sheet for each child (see **Appendix**), marker pen, crayons and paints.

Let the children colour in the hand. Then draw around or make a painted hand print of the child's hand in the centre of the hand picture on the craft sheet. Make it personal as you help each child. Remind them that God is always with them. They are safe in his hands, being led by him, like a shepherd looks after its sheep.

### Think Time

Look at the psalm illustration. Point to the sheep and ask the children who was always with it. Use that

as a prompt to help them remember who promises to always be with them.

**Big Question:** Who is always with you?

**A follow up question:** When do you need to remember that he is with you?

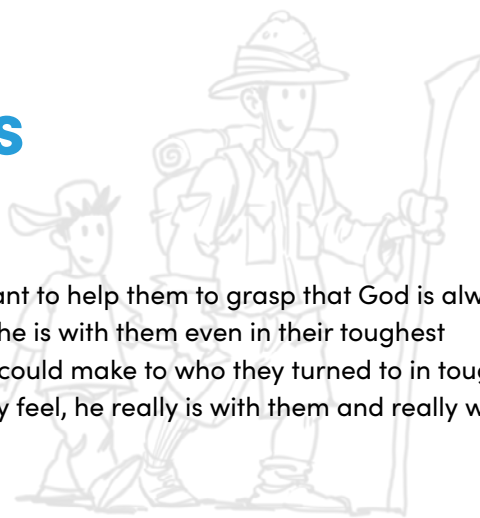
### Prayer

Thank you Father God for looking after us. Thank you for our shepherd Jesus. Please help us to remember he is with us even when we feel sad or alone. Amen.

If children would like to pray, help them think of how they could finish the sentence: Thank you Jesus for being with me when...



# Discoverers 5-7s



**Take 10 minutes to focus!** With this age group, we want to help them to grasp that God is always with them. How will you help your group understand that he is with them even in their toughest moments when they feel alone? Imagine the difference it could make to who they turned to in tough times if they understood that God really does get how they feel, he really is with them and really will look after them.



## Get Going

### Never Alone

**You will need:** Items for the obstacle course (e.g. a mat, a chair and a table) and blindfolds.

Set up a simple obstacle course - across a mat, around a chair, under a table. Keep the rest of the area around the course clear. Get the children into pairs - one blindfolded. Let the blindfolded children have a go at the course on their own. Watch carefully

so they don't get hurt. Then have their partner lead them safely through the course. Swap over so the leading children also do the course.

**Link:** It was better doing the course when someone was with you to lead you and keep you safe. Today we see how God looks after his people. He is always with us, looking after us and leading us in the good times and the hard times.



## Teaching Time

**You will need:** A copy of the psalm illustration (picture 1 - see **Appendix**) and a cotton wool ball for each child.

As you read the psalm, get the children to move their sheep (cotton wool ball) around their picture to the different places (the green pastures, calm waters, dark valley, enemies and home/house of the Lord).

Ask the children:

- where they think the sheep would enjoy being.
- which places the sheep might not want to go to.
- how they think the sheep makes it safely home - by trying hard, being brave, or something else?

Help the children to see that the sheep only makes it safely home because of the shepherd. Show them in the psalm where it says that the shepherd leads the sheep. Did they spot what the sheep said to the shepherd when it was going through the dark valley - 'you are with me'? The shepherd being with the sheep makes all the difference.

Get the children to imagine the illustration was a map of their lives:

- What good things would you put on in? What would be your green pastures and calm waters - holidays, fun times with friends, hobbies, sport?
- What would be your very dark valleys? What things would make you feel afraid? Who would the enemies be - maybe the kids that laugh at you at school?

Explain that God is always with us. Jesus is our good shepherd who is by our side all the time. We can't see him because he's in heaven but he's with us by his Spirit. Through the good things and hard things, we are never alone and that makes all the difference.

Help the children understand that Jesus is the best shepherd for us because he also lived on earth. He also had good things and hard things happen to him. He knows what it's like to have fun with friends, and he also knows what it's like to be made fun of and left

alone. He promises to always be with us – through the good and hard times. He is totally ready to hear us pray, and he is always looking after us. One day, he will lead us home to heaven where we will see him.

We'll also see each other because Jesus promises to lead each of his people home to his party in heaven. We'll get to celebrate together with our good shepherd Jesus!



## Brain Break


### Eaty Sheep, Sleepy Sheep, Bleaty Sheep, Freaky Sheep

A fast-moving action game. Call out the phrases in a random order. Children do the matching action. Start slowly and speed up until they're all exhausted sheep!

Action suggestions:

- Eaty sheep: on all fours pretend to eat grass.
- Sleepy sheep: lie down and snore.

- Bleaty sheep: crawl around saying 'Baaa!'
- Freaky sheep: wave your hands in the air and panic.

 **Link:** The sheep in the psalm felt lots of different emotions, just like we do. But God looks after us and is with us always, even when we are sleepy, eaty, freaky or whatever else we feel!



## Heart & Hands

Worksheet A is the suggested sheet for this age group. The questions below can mostly be found on the worksheet which has been designed to aid your discussion. If possible, enlarge the page to A3 so you can work on it together. Make sure each child can still answer the personal questions honestly for themselves (e.g. hand out Post-it notes for them to write/draw their answers to these questions).

### Did you spot it?

- What were the good things on the sheep's journey?
- What were the bad things on the sheep's journey?
- Who was always with the sheep to help it?

### Work it out

- Who is always with us?
- Can you think of times that God is with us?  
(E.g. at school, in bed, with friends, when I'm happy/sad etc.)

### Live it out

- When do you need to remember God is always with you? How will remembering that make a difference?
- What could you say to God when you feel alone or things are hard?

### Prayer

Encourage your children that they can talk to God anytime, anywhere and about anything. He understands our struggles. He wants us to bring our needs to him and he promises to help.

This might be a good week to get your group to write what worries them on a piece of paper, seal it up (don't read it) and pray thanking God that he totally understands the things we've written about and even those we weren't brave enough to write. Thank him that he is with us by his Spirit to help us trust him and keep on going.

### Craft Time

#### Make a Hand in Hand picture.

Use the craft if you have time available after your discussion. Craft instructions can be found in the Explorers **Craft Time** section.

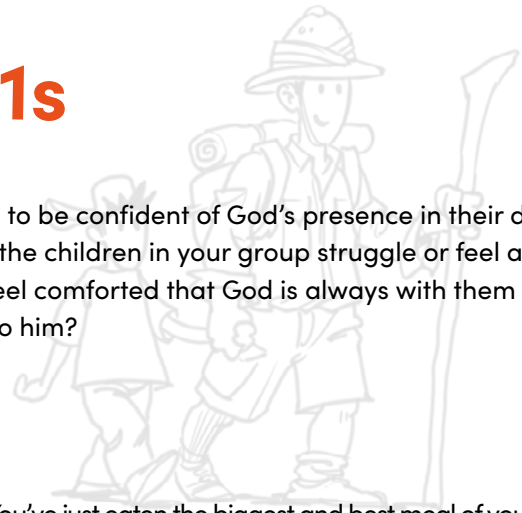




# Adventurers 8–11s



**Take 10 minutes to focus!** We want this age group to be confident of God's presence in their dark valleys, in a practical and real way. When do you think the children in your group struggle or feel alone with no-one to help them? How will you help them to feel comforted that God is always with them by his Spirit, he is leading them and they can always talk to him?



## Get Going

### Guess the Feeling

**You will need:** The case study picture (picture 2 - see Appendix), pens and a sheet of paper.

This game idea has a lighter start to help your group get to a more thoughtful place before talking about the heaviness of feeling lonely and abandoned in hard times.

Without the rest of the group hearing, tell a child/small group of children a piece of news. They do a freeze frame of their emotional response to the news. The rest of the group then try to guess what they are feeling and what kind of news they'd had/what happened.

News suggestions:

- There's free ice cream over there.
- Dad came home with a puppy as a surprise.

- You've just eaten the biggest and best meal of your life.
- Your best friend in your class is moving schools.
- You're on your way home from a school trip and a member of your class can't be found.

Then, show the case study picture. Explain that it is a freeze frame of the boy's emotional response to some news. Ask them what they think he is feeling, what kind of news he may have had or what happened. Write down their answers and keep the sheet for **Teaching Time**. Try to get everyone talking - the aim is to get them thinking, not to get a right answer.

**Link:** When bad things happen, sometimes we feel alone because we think no one can fix it. Today's psalm tells us that God is always with us, even in the hard times.



## Teaching Time

**You will need:** Psalm 23 printed/written out on a large sheet of paper, the Psalm illustration and the case study picture (see Appendix), coloured pens and paper.

Read through the psalm. Then get the children to match up what is described in the text to the illustration. Label the different places/things on the illustration (the green pastures, still waters, dark valley, enemies and house of the Lord).

Ask the children:

- Where is the sheep safe and would want to stay?
- Where would the sheep not want to be?
- How does the sheep stay safe? Who is with him?
- Who does the psalmist say is his shepherd? Does he ever leave him?

Explain that God is always with us too. Jesus is our good shepherd who is with us by his Spirit. He never leaves us. He leads us and looks after us.

Help them to understand that God knows what life is really like. Jesus lived on earth, he also had good

times and harder times. He knows there are enemies and things we are afraid of. But he is always with us, leading us and looking after us.

Imagine you had a map of your life...

- What would be your green pastures and still waters? Holidays, fun times with friends, hobbies, sport?
- What would be your shadows and dark valleys? What situations would make you feel afraid? Where do you feel alone? *Even if you are with other people.*
- Who would these enemies be? Does anyone laugh at your difficulties? Does anyone enjoy your struggles?

Remind the children that God is with us in all of those times. Help them to understand why that makes all the difference - we can pray knowing that he is already with us and ready to listen; we can be honest about how we feel because he knows that we have good times and harder times.

Look at the case study picture and the answers the children gave during **Get Going**.

Ask the children:

- What does this psalm say that would make a difference to how this boy feels?

Finish by helping the children to see the promise



## Brain Break


### Stuck Together

**You will need:** Sellotape, string, glue and various pairs of random things (e.g. pieces of paper, small coins, pencils, pasta pieces, building blocks, toys, slices of bread etc.).

The challenge is for the children to pick the best way to join the different pairs of objects so they are stuck together. Work together or in small groups. You could have 3 pairs of the same thing if you want to test the

to God's people in the psalm. He will lead all of his people home to heaven. One day we will all be in a place that has no dark valleys and no enemies and we will see that God is right there with us!

sellotape, string and glue against each other. Or you could make it a messy game by using things like 2 cups of water or 2 raw eggs. Have fun with it – once pairs are joined, challenge the children to separate them. Were they together forever or did some come apart?

 **Link:** Some things worked better than others to keep the objects together. Today we heard God is always with us – he sticks close forever. He's with us every step of the way in life.



## Heart & Hands

Worksheet B is the suggested sheet for this age group. The questions below can mostly be found on the worksheet which has been designed to aid your discussion. If possible, enlarge the page to A3 so you can work on it together. Make sure each child can still answer the personal questions honestly for themselves (e.g. hand out Post-it notes for them to write/draw their answers to these questions).

### Did you spot it?

- What are the happy places in this psalm?
- What are the hard places in this psalm?
- Who is always there to look after the sheep every step of the way?

### Work it out.

- Who is the sheep in real life? Who is the shepherd in real life?
- How can God be with you all the time?
- When do you especially need to remember that he is with you to help you?

### Live it out

- When you next feel alone, what can you say to yourself from this psalm to help?
- What difference will it make to your prayers if you remember that God is always with you and looking after you in the hard times?

### Extra Stretch

- Why do you think the picture of Jesus being the

shepherd and us being the sheep works so well? What does it say about him? What does it say about us?

- How does being part of a flock (church) with other sheep (Christians) help us to keep following our good shepherd (Jesus)?

### Prayer

Thank God for never leaving us or letting us down. Thank him for Jesus, our good shepherd, who is always with us. Ask him to help us trust him, be honest with him in prayer, cry to him when we are struggling and to rely on his help and comfort.

Encourage them to bring their worries and struggles to God – is there a time in their week that they really need to remember this truth? Encourage them to turn these into prayers to ask God to remind them of this truth in those moments. Try popcorn prayers – short, one sentence prayers, one after the other like popcorn kernels popping.

### Craft Time

Use the craft if you have time available after your discussion.

**You will need:** strong glue, marker pens and a pair of small objects for each child (can be anything e.g. 2 small coins).

Following on from the **Brain Break** game where you stuck items together, give each child a pair of objects to stick together with strong glue. Write 'me' on one side and 'God' on the other with a marker pen. Talk about different times that we need to remember that God is always with us.



# Appendix

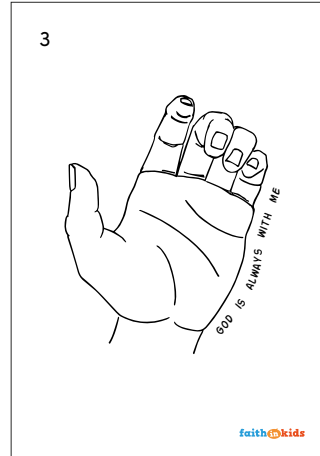
The following pages can be copied, printed and used to accompany this lesson.



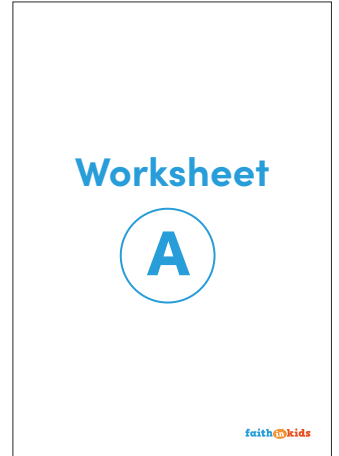
p17



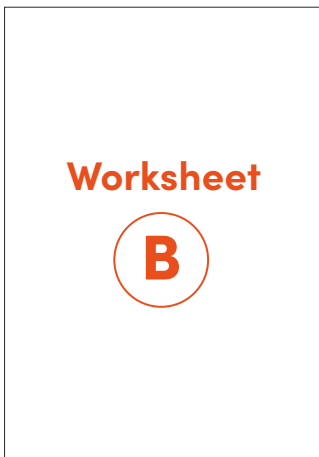
p18



p19



p20



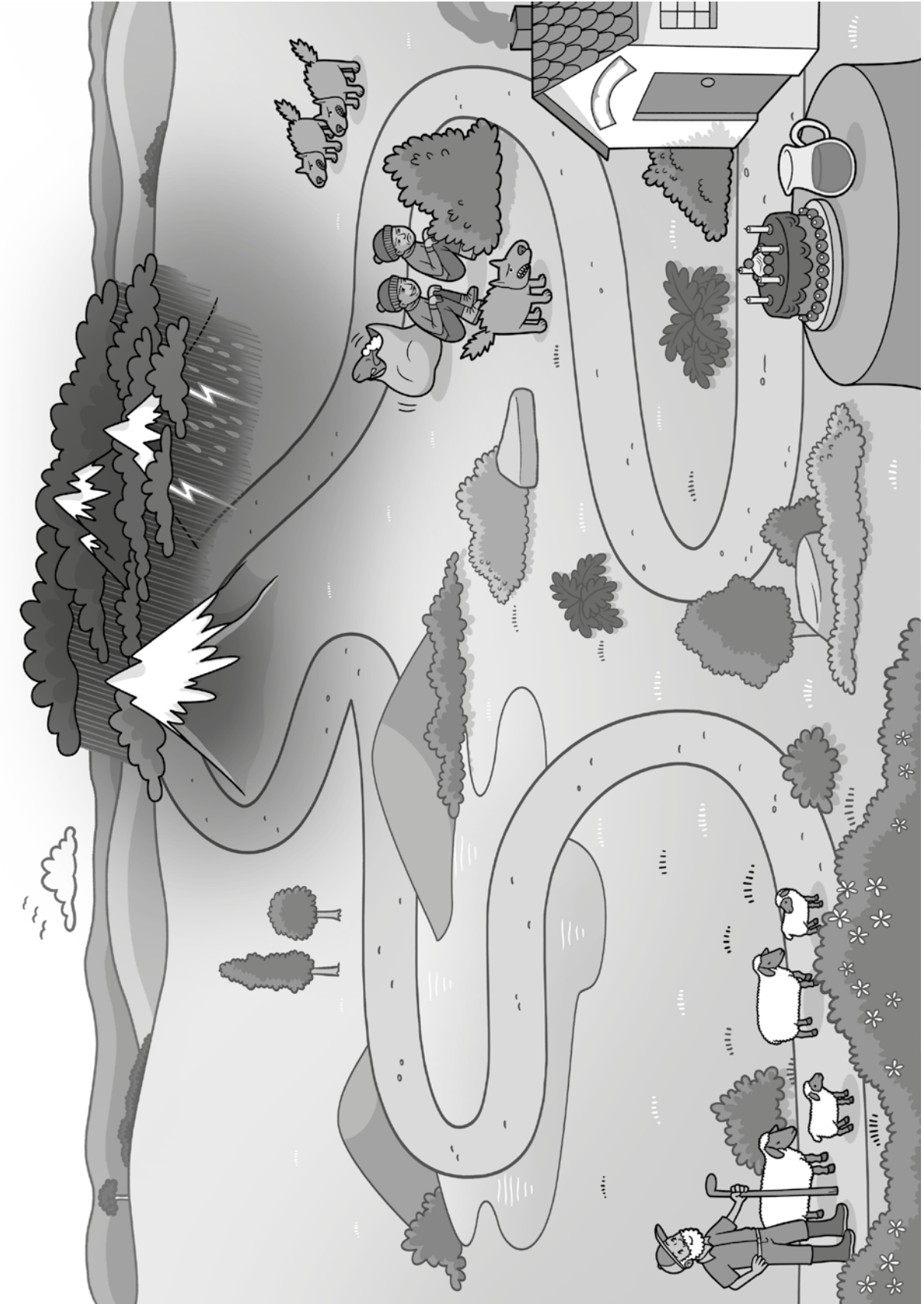
p21

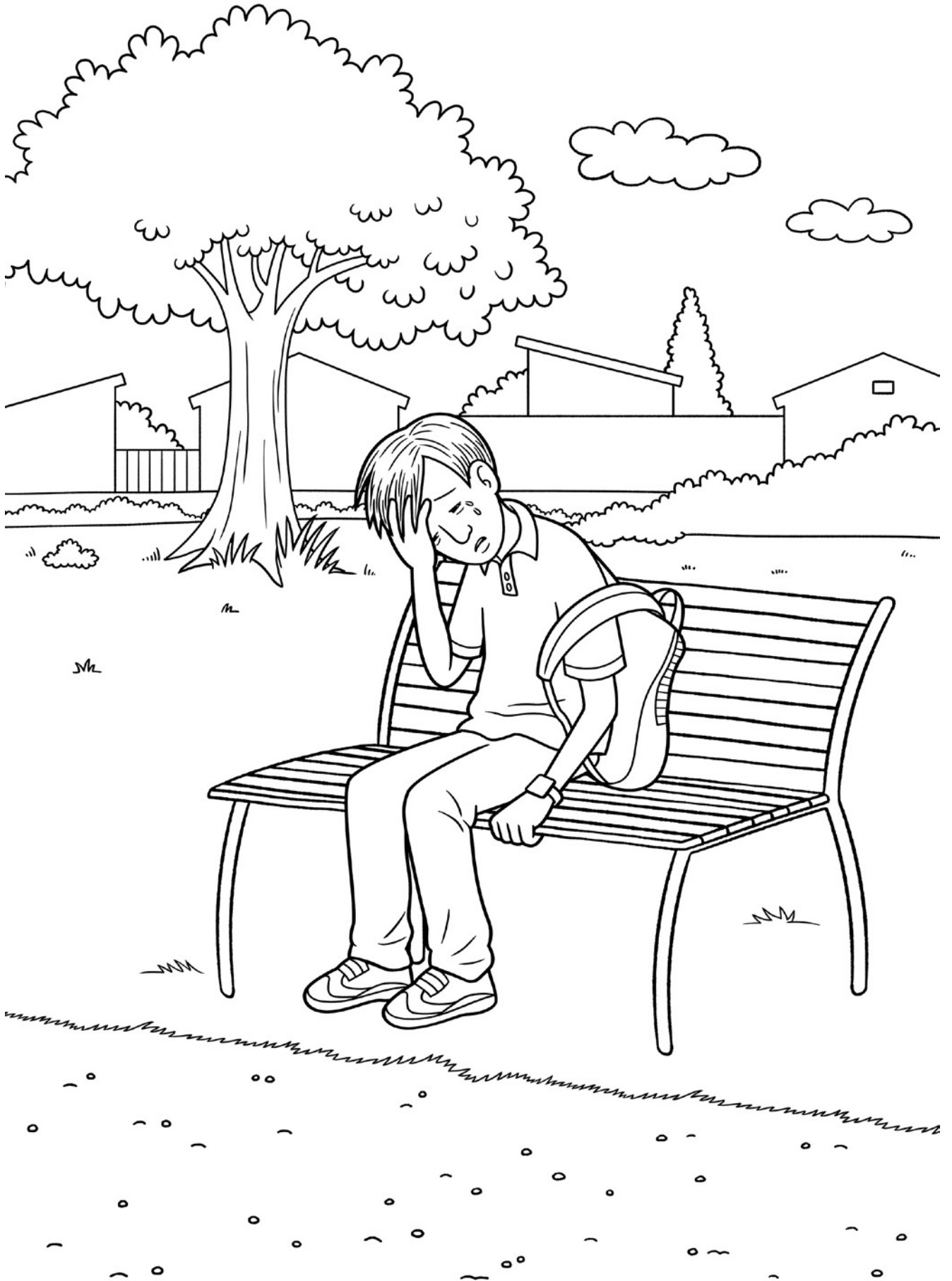


p22

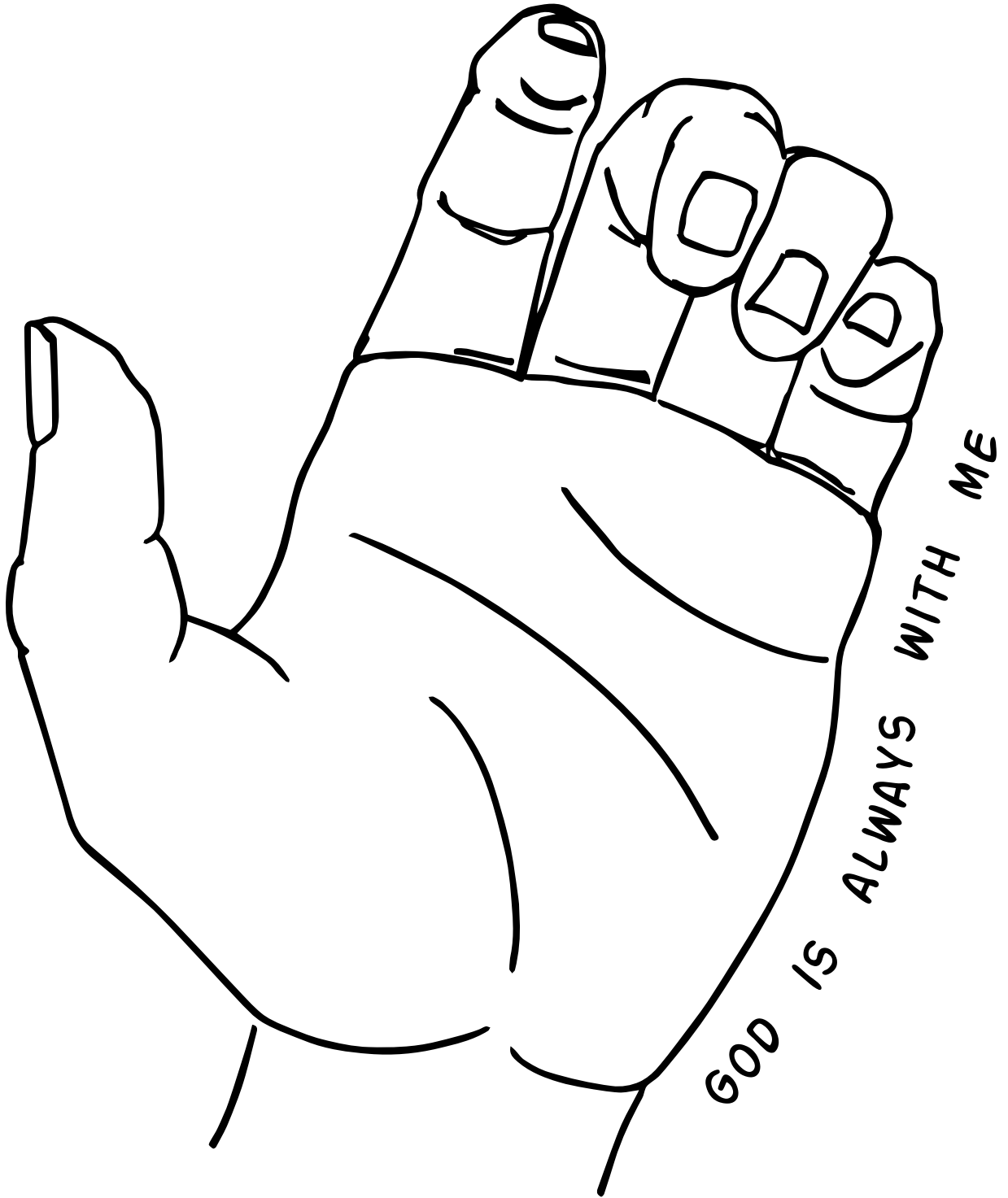


p23











WITH GOD TOGETHER

# Lesson 2: God is with us

PSALM 23



## Did you spot it?

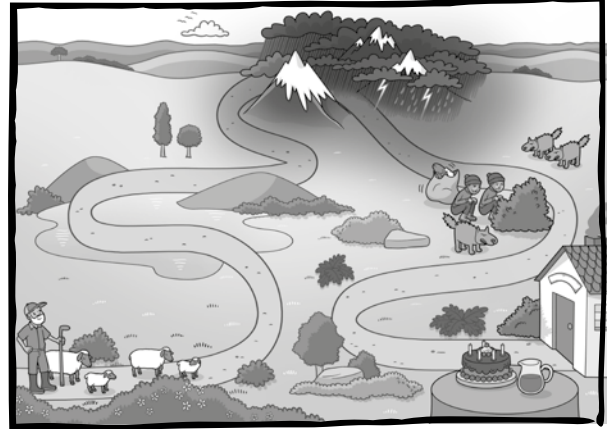
Draw lines to the good things on the sheep's journey.



Draw lines to the bad things on sheep's journey.



Circle the person who is always with the sheep.



## Work it out

Rearrange the letters to finish the sentence...

D G O

\_\_\_\_\_ is ALWAYS with us!



Tick the pictures where God is with you...



At school



In bed



With my friends



On my own



When I'm eating



When I'm playing



When I'm happy



When I'm sad



## Live it out

Draw a picture of when you need to remember God is ALWAYS with you...

What can you say to God when you feel alone or things are hard?

Dear God,

Amen





God is  
with us  
PSALM 23

WITH  
**GOD**  
TOGETHER



## Take Home Truth

WITH GOD TOGETHER

### Lesson 2: God is with us

PSALM 23

On the rollercoaster of life we experience many different emotions. The Psalms teach us to take them to God. Use these questions to get a conversation started about today's lesson with your child. Pick a time that sets you up for success - maybe in the car on the way home or before bedtime. Make yourself part of the conversation and share your own ideas - this is not a test!

Dear Parent,

You do a lot for your child. When they need comforting, you comfort. When they need food, you provide. Jesus, the Good Shepherd, lovingly cares for you. He wants to comfort and guide you and will never leave you. As you trust him through all the difficulties of life, your child will learn by example.

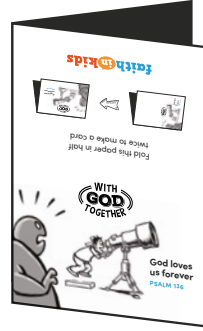
**Today your child learned:** God is with me and takes care of me. He's like a good shepherd who loves his sheep. I can trust him as he leads me home.

**Bible passage:** Psalm 23

Fold this paper in half  
twice to make a card

Fold 1

Fold 2



faith **in** kids

**Chat with your child about what they learned.** Try asking...

- Pretend I've never seen a sheep before and describe them for me. How do they look, sound, and act? Why do you think the bible uses sheep to sometimes describe you and me?
- What does a shepherd do? How is Jesus like a shepherd?
- At different points in the week (highs and lows), ask your child how God always being with them makes a difference in that moment.

**Let's pray!**

Read through Psalm 23 as a mealtime or bedtime prayer. You could take turns reading the passage and/or memorise the very first verse:

'The Lord is my shepherd, I lack nothing.' (Psalm 23:1)



# Planning for Sunday

TEMPLATE



## Big Idea & Aim

**Passage:**

**Big Idea:**

**Aim:**



## Get Going

**Introductory Idea:**

➡ **Link:** What is the link between this activity and the **Big Idea**?



## Teaching Time

**Story with explanation:**

➡ **Key Message:** What is the one idea that you want the children to understand? What's the aim?



## Brain Break

**Game:**

➡ **Link:** What is the link between the game and the **Big Idea**?



## Heart & Hands

**Small Group Discussion**  
(applying the truth to their lives)

➡ **Live It Out.** Apply the point.



**Did you Spot it?** Remember the events.

**Pray:**



**Work it Out.** Understand the logic.

Linked activity (craft/game):





Faith in Kids exists to support churches and parents in raising children to trust in Jesus Christ eternally.

[www.faithinkids.org](http://www.faithinkids.org)

**faith**  **kids**

