

Upper Elementary




Psalm 23

Checklist

- glass
- water pitcher
- baby doll
- toy car
- x-ray
- toy lamb
- blindfold

Topic:	Psalm 23
Intro:	Show a baby doll, a toy car, an x-ray and a toy lamb.
	Who takes care of babies? (parents) Who takes care of cars? (mechanics) Who takes care of your body? (doctors) Who takes care of sheep? (shepherds) Today we're going to study a very famous song about the One who takes care of us.
Psalm 23:1	Yahweh is my shepherd; I shall lack nothing.
	What did David do when he was a young boy? (worked as a shepherd) Why do you think David is comparing God to a shepherd? (he knows how well a shepherd takes care of his sheep and feels God takes care of him in the same way)
	More than a thousand years later, God the Son would compare Himself to a shepherd the same way that David had compared God the Father to a shepherd. Jesus told His followers that He was their shepherd.
John 10:11	"I am the good shepherd. The good shepherd lays down his life for the sheep."
	David fought to protect his sheep, but those sheep were still being raised for the tabernacle sacrifices. Jesus came to replace those sacrifices. He sacrificed Himself in our place. That was far more than David ever did for his sheep!

Start

Psalm 23

1

HOLY BIBLE Psalm 23:1
Yahweh is my shepherd; I shall lack nothing. He makes me lie down in green pastures. He leads me beside still waters.

Shepherd Job Duties

HOLY BIBLE John 10:11
"I am the good shepherd. The good shepherd lays down his life for the sheep."

David raised _____ for the _____.

Jesus _____ Himself for us.

Psalm 23:2	He makes me lie down in green pastures. He leads me beside still waters.
	What are some things shepherds do for their sheep? (show them where to get food and water)
Matthew 11:28-29	"Come to me, all you who labor and are heavily burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart; and you will find rest for your souls."
	Sheep feel tired after walking around all day long grazing on grass. Jesus knew that people feel even more tired from the feeling of their sins weighing down on them. He promises us that when we come to Him for forgiveness, the weight that we feel on our hearts is lifted. Sheep get tired all over again each day, but inviting Jesus into your heart brings a permanent rest.

HOLY BIBLE Psalm 23:2
He makes me lie down in green pastures. He leads me beside still waters.



Things Sheep Need to Live:

- Food
- Water

HOLY BIBLE Matthew 11:28-29
Come to me, all you who labor and are heavily burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart; and you will find rest for your souls."

Sheep feel tired _____.

Inviting Jesus into your heart brings _____ rest.

Psalm 23:3	He restores my soul. He guides me in the paths of righteousness for his name's sake.
	Sheep aren't that smart, so they would also need protection from themselves, so they didn't just walk right off a cliff (literally). A good shepherd also disciplines his sheep when they're going the wrong way.
John 14:26-27	"But the Counselor, the Holy Spirit, whom the Father will send in My name, will teach you all things, and will remind you of all that I said to you. Peace, I leave with you. My peace I give to you; not as the world gives, I give to you. Don't let your heart be troubled, neither let it be fearful."
	Jesus promised us that when we believe in Him, the Holy Spirit will guide us, the way a shepherd guides his sheep. Our souls are restored by the peace we get from God.



Psalm 23:3
He restores my soul. He guides me in the paths of righteousness for his name's sake.

3



Do sheep do a good job taking care of themselves?

Are these sheep being watched over very carefully?

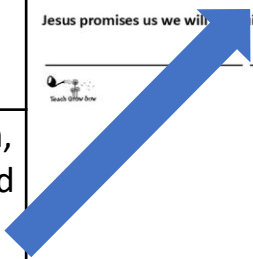


John 14:26-27
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Sheep are guided by a _____.

Jesus promises us we will receive guidance from the _____.



Psalm 23:4
Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me.

Shepherds would have to lead their sheep all over the place to reach green grass to eat. Sometimes they would have to go through a place that is very dark. The sheep would have no idea where they were going. But the shepherd knew, and the sheep trust the shepherd to take them where they need to be. Being a Christian doesn't mean you will always get the green pastures and water. Sometimes following God means going through difficult times and trusting that God will take care of you.


blindfold
Have children take turns being blindfolded as the "shepherd" leads them around the room.

Romans 8:31-32
What then shall we say about these things? If God is for us, who can be against us? He who didn't spare his own Son, but delivered Him up for us all, how would He not also with Him freely give us all things?


When Paul wrote this to the Roman Christians, he was reminding them that they had nothing to fear (even though they were being persecuted by the Roman Empire). The fact that God the Father was willing to give up His only Son as a sacrifice for our sins should be proof enough that He is watching over us, even in the worst situations.

 Psalm 23:4
Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me.


I think a valley dark as death would be:


 Romans 8:31-32
What then shall we say about these things? If God is for us, who can be against us? He who didn't spare his own Son, but delivered Him up for us all, how would He not also with Him freely give us all things?

The fact that God the Father was willing to sacrifice His only Son as a sacrifice for our sins should be proof that He is always watching over us.


 Romans 8:31-32
What then shall we say about these things? If God is for us, who can be against us? He who didn't spare his own Son, but delivered Him up for us all, how would He not also with Him freely give us all things?

Psalm 23:5	You prepare a table before me in the presence of my enemies. You anoint my head with oil. My cup runs over.
	Later in his life, David was an outlaw constantly hiding from King Saul and on the run. He slept outside and ate whatever food he could find. He didn't have time to sit down at a fancy party and eat a nice, long meal. But he describes being with God as like being able to sit down to a five-course meal in the middle of a warzone and feel completely at peace.
cup and water pitcher	In ancient times, if you wanted a guest to only stay for a short time, you would only fill their glass halfway. This was a gentle hint. (fill glass halfway) If you wanted them to stay a long time and feel welcome, you would fill their glass all the way. (fill rest of the way)
2 Corinthians 1:21-22	Now he who establishes us with you in Christ and anointed us is God, who also sealed us and gave us the down payment of the Spirit in our hearts.
	In ancient times, a guest would be anointed with oil when they entered someone's home. In a time before police officers and 911, this was a way to show that they were under your protection while in your home. Paul told the Christians in Corinth that God had anointed them, spiritually, to show that they belong to Him and are under his protection.

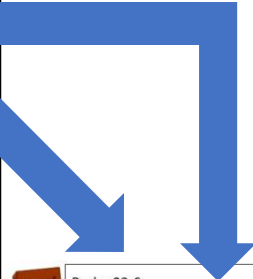
 Psalm 23:5
You prepare a table before me in the presence of my enemies. You anoint my head with oil. My cup runs over.

 Anointing a guest's head with oil was a way to show them honor. It let them know you welcome them into your home and are happy they are there. A thousand years later, Jesus criticized a Pharisee who invited Him to dinner, but did not anoint His head with oil.




 2 Corinthians 1:21-22
Now he who establishes us with you in Christ and anointed us is God, who also sealed us and gave us the down payment of the Spirit in our hearts.

<p>Psalm 23:6</p>	<p>Surely goodness and loving kindness shall follow me all the days of my life, and I will dwell in Yahweh's house forever.</p>
	<p>When you're at home with your parents and everyone is doing their own thing (watching tv, reading a book, cooking, cleaning) do you get your parents attention by introducing yourself and waiting for a formal response, or do you just say what you have to say to them? These verses describe being in God's presence. It's like being at home with your parents. They're with you even when you're not talking. You can sense that they're in the room without even looking. You can start a conversation at any time.</p>
<p>Ephesians 2:19-22</p>	<p>So, then you are no longer strangers and foreigners, but you are fellow citizens with the saints and of the household of God, being built on the foundation of the apostles and prophets, Christ Jesus himself being the chief cornerstone; in whom the whole building, fitted together, grows into a holy temple in the Lord; in whom you also are built together for a habitation of God in the Spirit.</p>
	<p>When we ask Jesus into our hearts, we become a part of God's family. When we die, it is described as being like living in God's house. We will live forever with God as the perfect Father. All other Christians are our brothers and sisters. Eternity means belonging to the most loving, wonderful family you could ever imagine.</p>



HOLY BIBLE Psalm 23:6
 Surely goodness and loving kindness shall follow me all the days of my life, and I will dwell in Yahweh's house forever.

When I'm at home with my parents and I want to get their attention, I:



HOLY BIBLE Ephesians 2:19-22
 So, then you are no longer strangers and foreigners, but you are fellow citizens with the saints and of the household of God, being built on the foundation of the apostles and prophets, Christ Jesus himself being the chief cornerstone; in whom the whole building, fitted together, grows into a holy temple in the Lord; in whom you also are built together for a habitation of God in the Spirit.

I think my home with God will look like:



Closing:	Ask children to make Psalm 23 modern for themselves. They can each write their own answers or everyone can agree as a class how Psalm 23 would be written today.
	David was a shepherd who watched over his sheep, so he talked about God as a shepherd watching over him. Who watches over you? Who is an example of a protector? (teacher, parent, police officer, bodyguard, etc.)
	Where do you get to rest when you're tired? Who provided that place for you?
	Sheep need grass to eat and water to drink. Where do you get your needs met? (the grocery store, the water fountain, etc.)
	What is a really scary situation you have been in, or worry about? (tests at school, dealing with classmates you don't get along with, etc.)
	A shepherd would use a staff to guide sheep to safe places. What guides you? (the Bible, worship songs, prayer time, etc.)
	What is a way a parent or other mentor has treated you to something special while you are going through a difficult thing? (getting ice cream when your throat is sore, an ice pack when you are injured, a chamomile bath when you get covered in poison ivy, etc.)

A Modern Psalm by _____ 5

You, LORD, are my _____.

I will never be in need.

You let me rest in _____.

You lead me to _____,

and you refresh my life.

You are true to your name, and you lead me along the right paths.

I may walk through _____,

but I won't be afraid. You are with me, and your _____

Make(s) me feel safe.

You treat me to _____,

while _____.

You honor me as your guest, and you fill my cup until it overflows. Your kindness and love will always be with me each day of my life, and I will live forever in your house, LORD.

You, LORD, are my security guard.

I will never be in need.

You let me rest in my room.

You lead me to the water fountain,

and you refresh my life.

You are true to your name, and you lead me along the right paths.

I may walk through the school hallways,

but I won't be afraid. You are with me, and your Bible

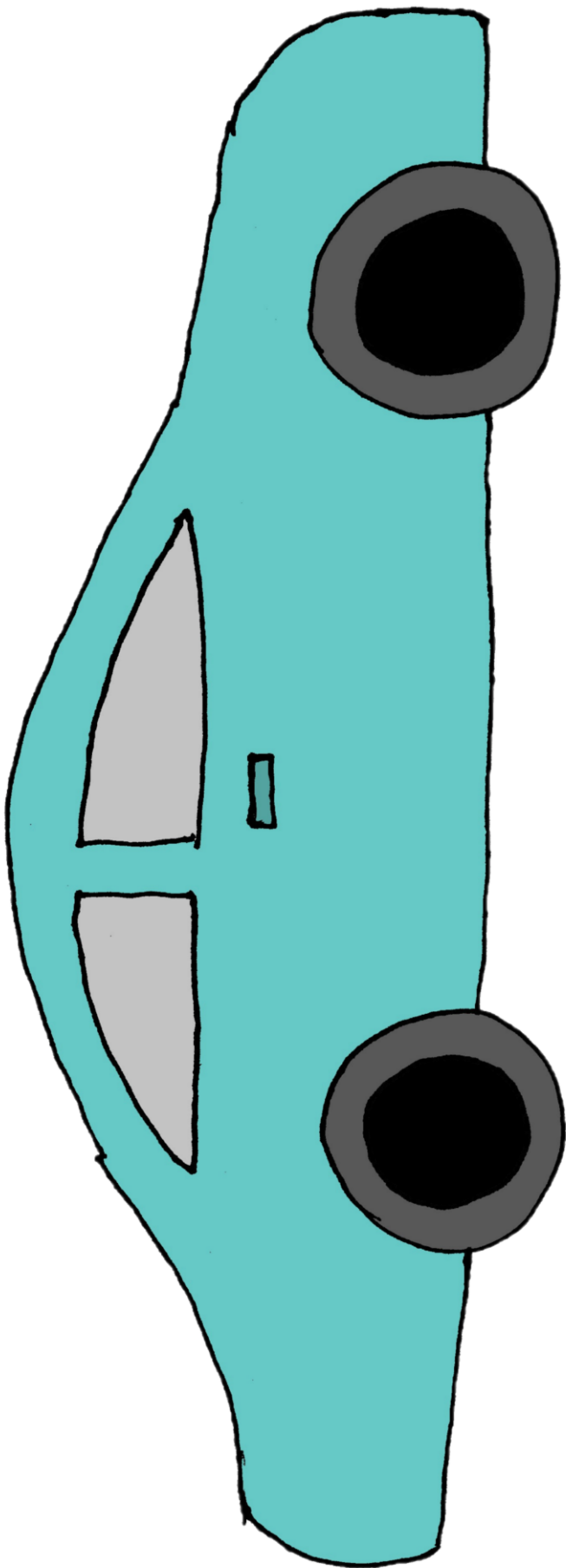
Make(s) me feel safe.

You treat me to popsicles,

while I feel sick.

You honor me as your guest, and you fill my cup until it overflows. Your kindness and love will always be with me each day of my life, and I will live forever in your house, LORD.

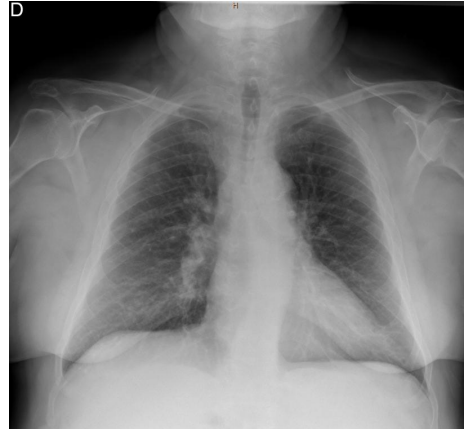
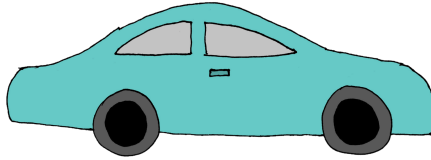




D



Psalm 23



HOLY BIBLE

Psalm 23:1

Yahweh is my shepherd; I shall lack nothing. He makes me lie down in green pastures. He leads me beside still waters.

Shepherd Job Duties

HOLY BIBLE

John 10:11

"I am the good shepherd. The good shepherd lays down his life for the sheep."

David raised sheep for the _____.

Jesus _____ Himself for us.

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Things Sheep Need to Live:

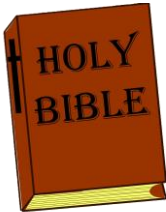
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Matthew 11:28-29

"Come to me, all you who labor and are heavily burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart; and you will find rest for your souls."

Sheep feel tired _____.

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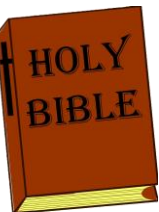


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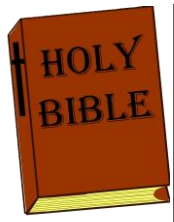


John 14:26-27

"But the Counselor, the Holy Spirit, whom the Father will send in My name, will teach you all things, and will remind you of all that I said to you. Peace, I leave with you. My peace I give to you; not as the world gives, I give to you. Don't let your heart be troubled, neither let it be fearful."

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Jesus promises us we will get guidance from the _____.



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The fact that God the Father was willing to sacrifice His only

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HOLY
BIBLE

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i

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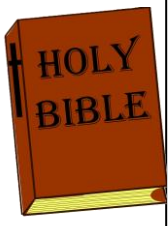
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HOLY
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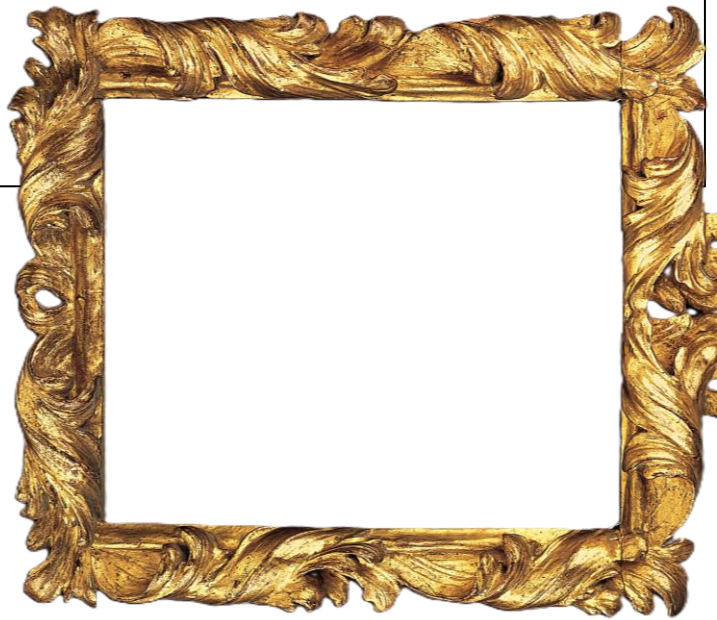
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I think my home with God will look like:



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I will never be in need.

You let me rest in _____.

You lead me to _____,

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You are true to your name, and you lead me along the right paths.

I may walk through _____,

but I won't be afraid. You are with me, and your

Make(s) me feel safe.

You treat me to _____,

while _____.

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You let me rest in my room.

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while I feel sick.

You honor me as your guest, and you fill my cup until it overflows. Your kindness and love will always be with me each day of my life, and I will live forever in your house, LORD.