

PSALM  
-23-

TNCC  
CHILDREN'S  
CHURCH

# JESUS, OUR SHEPHERD

## HOOK

**FILLER VIDEO:** Jesus, My Shepherd

<https://www.youtube.com/watch?v=z05egmc7Jr8>

LESSON: JESUS, OUR SHEPHERD (Psalm 23:1)

Today we're going to look at a psalm of David.

What's a psalm? A psalm is a Hebrew poem or song, usually played on a harp or a string instrument.

Do you remember who David was? David was the shepherd boy who took down Goliath with a slingshot and some smooth stones.

David became King of Israel. But he was also a musician and liked to write poems and songs. He was a famous psalm writer or psalmist.

**Psalm 23** is one of the more famous psalms written by David.

Let's read it through together:

*The LORD is my shepherd, I lack nothing.*

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

*He refreshes my soul. He guides me along the right paths for His name's sake.*

*Even 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.*

*You prepare a table before me in the presence of my enemies,*

*You anoint my head with oil*

*my cup overflows.*

*Surely your goodness and love will follow me*

*all the days of my life,*

*And I will dwell in the house of the LORD*

*forever.*

This psalm is about God being his Shepherd-King.

We're going to learn and meditate on this psalm over the next few weeks. And by the end of it, all of you will be able to memorise the psalm.

**Psalm 23:1**

*The Lord is my shepherd.*

Let's look at the first verse:

**The Lord** = who's the Lord?

The Lord is our Almighty God

What do you know about the Lord?

He's the creator of heaven and earth. He's all powerful (omnipotent). He's everywhere (omnipresent). He knows everything (omniscient). <get kids to tell you about what they know about God>

<Idea: show pix of universe to explain the greatness of God>

**Is** = what does this tell us?

Present tense. Not past. Not future. It is true for today!

**Our** = whose shepherd is He?

Our = us; you and me. The Lord of the whole universe is the Lord for you and for me.

Can you imagine if the king of the country knows you by name? Wouldn't that be great?

Wouldn't it be greater to know that the King of the whole universe knows you by name?

He's not just all powerful, all present, all knowing ... He's also YOUR Lord and YOUR shepherd.

**Shepherd** = what does a shepherd do?

<get kids to answer. Idea: show pix of shepherds taking care of sheep>

David was a shepherd boy before. So he understood what a shepherd does for his sheep. David used to take care of sheep. He made sure that they had the best food and that they were safe.

Jesus said, *"I am the good shepherd. The good shepherd lays down his life for the sheep."* (John 10:11). And that's what Jesus did. He laid down his life on the cross for you and for me!

Children, we have an all-powerful, all present, all knowing God who is YOUR shepherd. One who takes care of you. One who loves you and laid down His life for you. Isn't that amazing?

As you go through the week ahead, whatever may happen, remind yourselves every morning:

The Lord: Almighty and powerful  
is  
my  
Shepherd: who takes care of me and protects me

Let's say it all together: *The Lord is my Shepherd*

Now let's emphasise different words each time.

*THE LORD is my shepherd*  
*The Lord IS my shepherd*  
*The Lord is MY shepherd*  
*The Lord is my SHEPHERD*

## ACTIVITY SUGGESTIONS

### HUDDLE TIME

In small groups, share what it means to have Jesus as our shepherd in everyday life. Pray for one another.

### MEMORY VERSE

**Psalm 23:1** *The Lord is my shepherd*

**John 10:11** *“Jesus is the good shepherd. The good shepherd lays down his life for the sheep.”* (older kids)

### THEME SONG: Psalm 23

<https://www.youtube.com/watch?v=3xDMagJENz4&sns=fb>

Actions from here: [www.youtube.com/watch?v=o\\_yTzMZdAQ&feature=related](https://www.youtube.com/watch?v=o_yTzMZdAQ&feature=related)

### SONG: I'll Walk with Him Always

<https://www.youtube.com/watch?v=ZW7k1aIMCsE>

### SONG: Psalm 23 Worship

<https://www.youtube.com/watch?v=n0Doxv2ZG30>

### ACTIVITY BOOKLET:

Psalm 23:1 page

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# JESUS, OUR SUPPLY

## HOOK

**FILLER VIDEO:** Jesus, My Shepherd

<https://www.youtube.com/watch?v=z05egmc7Jr8>

## LESSON: JESUS, OUR SUPPLY (Psalm 23:1-2)

Last week, we started looking at Psalm 23. Who can remember the first verse? *The Lord is my Shepherd.*

Why do you think sheep need a shepherd? <get kids to answer>

People say sheep are a bit dumb. Left on their own, they'll just walk and eat and walk and eat until they get lost. Even if they are near good food, they'll just eat whatever is in front of them, even lousy grass.

David tells us that when the Lord is our shepherd, He provides everything for us.

**Psalm 23:1-2**

*The LORD is my shepherd, I lack nothing.*

*He makes me lie down in green pastures,*

*he leads me beside quiet waters,*

**When the Lord is our Good Shepherd, we lack nothing**

Nothing means nothing.

Other versions say "I shall not want". That means we will never have a need for anything else.

Our Lord is our supply. When we have Jesus, we have everything.

Many people are chasing money, position, power in life — or in your case, more toys, the latest online games, more Pokemons, latest fashions — because they think all these can fill their lives and make them more meaningful.

But they often end up sad, disappointed and empty.

We don't need to look here and there; we just need to look to Jesus for all we need and all we want.

*The Lord is my Shepherd. I lack nothing.*

**The Good Shepherd provides us with the best and rest: *He makes me lie down in green pastures***

What do sheep eat? *Grass*

Sheep need grass for survival. And the Good Shepherd brings his sheep to the green pastures —with the very best grass.

The sheep don't just walk past and nibble a bit at the grass. The Good Shepherd lets them lie down in the green pastures. They not only get to eat, but they also get to rest.

For sheep to rest in the pastures, they must be assured that it is a safe place. The Good Shepherd is there to keep watch and protect the sheep from wolves and bears.

When the Lord is our Good Shepherd, we don't have to worry about anything. He provides us with the best. He makes us rest.

*He makes me lie down in green pastures.*

**The Good Shepherd leads us and fills us: *He leads me beside quiet waters***

Sheep need water. But they cannot drink from fast-moving streams as they might fall in and drown (their wool will soak up a lot of water like a sponge). They need quiet waters to sip from.

The beautiful picture in this psalm is of the Good Shepherd leading us, His sheep. He knows where the best grass is. He knows where the quiet waters are. All the sheep needs to do is to follow His leading.

The Bible tells us that Jesus is the source of Living Water. Jesus invites us who are thirsty to come to Him and drink, and His spirit will come and fill us up (John 7:37-39). Whoever drinks this water will never be thirsty again (John 4:13); they don't have to go look for something/someone else to fill them.

*He leads me beside quiet waters.*

**So today, we learn that:**

- Our Good Shepherd provides us everything.
- He gives us the best, and He makes us rest.
- He leads us, and He fills us.

Whatever we're going through at home or in school, if we're tired or in lack, look to Jesus — He is the source and supply of ALL we need.



## ACTIVITY SUGGESTIONS

### HUDDLE TIME

In small groups, share what it means to have Jesus as our supply in every day life. Pray for one another.

### MEMORY VERSE

#### Psalm 23:1-2

*The LORD is my shepherd, I lack nothing.*

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

### THEME SONG: Psalm 23

<https://www.youtube.com/watch?v=3xDMagJENz4&sns=fb>

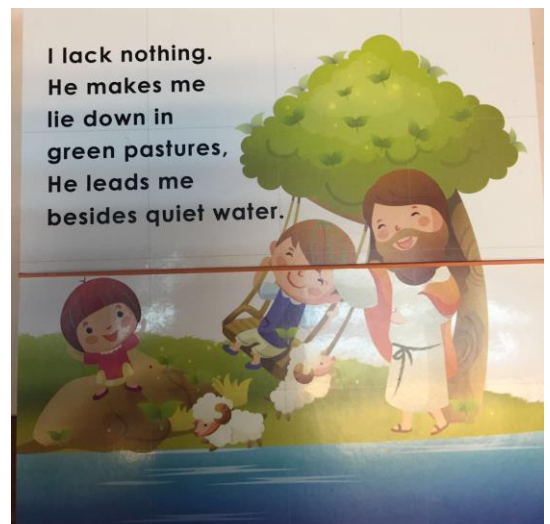
**Actions:** Learn and teach the actions for vs 1-2 from this video

[www.youtube.com/watch?v=o\\_yTtzMZdAQ&feature=related](http://www.youtube.com/watch?v=o_yTtzMZdAQ&feature=related)

### SONG: I'll Walk with Him Always

<https://www.youtube.com/watch?v=ZW7k1aIMCsE>

### ACTIVITY BOOKLET: Psalm 23:1-2 page



HOOK

FILLER VIDEO: Jesus, My Shepherd

<https://www.youtube.com/watch?v=z05egmc7Jr8>



<Optional: Create a mess in the room. Have the kids help to clear up the mess>

Have you ever messed your room or home up really, really bad? Maybe you didn't pick up all your toys. Your clothes are all over. Your books are spread out on the floor. You can't even walk through it without stepping on something. It's a great big mess!

Some people's lives are also great big mess. Sometimes they don't know it's a mess. But they are feeling lost and lonely, hurt and sad. Unlike the mess in the room, they can't clean up their lives on their own. They need Someone to come and help them — to take out the garbage, to disinfect and arrange everything back neatly. They need a fresh and brand new start.

**Jesus is that Person who can do all that for us. He gives us new life and His right way of living.**

LESSON: JESUS, OUR REFRESHER (Psalm 23:3)

In Psalm 23, David talks about our Good Shepherd who provides everything we need and invites us to rest in Him.

Do you remember what the first 2 verses of the psalm are? <revise with actions>

**Psalm 23:1-2** *The LORD is my shepherd, I lack nothing.*

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

He then goes on to talk about how the Good Shepherd gives us new life.

**Psalm 23:3** *He refreshes my soul.*

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

**He refreshes my soul**

Sometimes sheep get tired and dirty and messed up. They have thick curly wool that makes it difficult for them to get up if they fall over on their side. Then they're stuck there, with their legs in the air, bleating and crying.

The shepherd has to then restore the sheep, by turning the sheep over, lifting it up, massaging its legs and helping it find its balance. <demonstrate for kids>

When we have fallen and are bogged down by sin and sadness, our Good Shepherd is there to help us. He lifts us by His grace, holds us and reassures us — He refreshes our soul!

More than just cleaning up our mess, our Good Shepherd gives us a brand new life! It's not just patched up and repaired. But completely brand new. We become brand new creations with refreshed souls!

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

When He cleans us up, our Good Shepherd doesn't just leave us on our own to find our way.

No. He guides us. Along the right paths. Along His way. Not the way that leads them off the cliff where they would fall and hurt themselves. Not the way that traps them and makes them fall down and get injured. His way. The best way. When we follow the Good Shepherd, we will never get lost!

Why? For His name's sake. He is the Good Shepherd. He wants to take the best care of his sheep. When people see His sheep, they know who their Shepherd is.

## **So today, we learn that:**

- Our Good Shepherd cleans us up and gives us new life.
- He leads us on the right paths. The best paths.
- When we follow the Good Shepherd, we know that He is always there to help us when we fall, and to guide us in the right way to go.

## ACTIVITY SUGGESTIONS

### HUDDLE TIME

In small groups, share about times when we have messed up, and what it means to have Jesus help to clean up the mess. Pray for one another.

### MEMORY VERSE

#### Psalm 23:1-3

*The LORD is my shepherd, I lack nothing.*

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

*He refreshes my soul.*

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

### THEME SONG: Psalm 23

<https://www.youtube.com/watch?v=3xDMagJENz4&sns=fb>

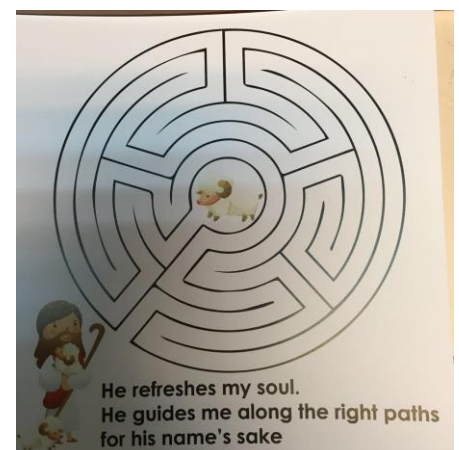
Use actions from this: [www.youtube.com/watch?v=o\\_yTzMZdAQ&feature=related](http://www.youtube.com/watch?v=o_yTzMZdAQ&feature=related)

### SONG: I'll Walk with Him Always

<https://www.youtube.com/watch?v=ZW7k1alMCsE>

### ACTIVITY BOOKLET:

Psalm 23:3 page



## HOOK

### SHADOW GUESSING GAME

Show kids some shadows and get them to guess what the real objects are. You can either show them on powerpoint or use a white cloth with a bright light behind.

(Do choose age-appropriate images/shadows, e.g. more difficult for older kids etc.)

Examples:

[https://www.google.com.my/search?hl=en&biw=1680&bih=916&tbm=isch&sa=1&q=match+shadows&oq=match+shadows&gs\\_l=im\\_g.3...47837.49277.0.49370.13.13.0.0.0.0.153.1291.8j5.13.0...0.0...1c.2chbEq23Glg](https://www.google.com.my/search?hl=en&biw=1680&bih=916&tbm=isch&sa=1&q=match+shadows&oq=match+shadows&gs_l=im_g.3...47837.49277.0.49370.13.13.0.0.0.0.153.1291.8j5.13.0...0.0...1c.2chbEq23Glg)



or

### HAND SHADOWS VIDEO

[https://www.youtube.com/watch?v=WVuV\\_xVDJDY](https://www.youtube.com/watch?v=WVuV_xVDJDY)

Guessing shadows are fun. But sometimes, shadows can seem strange and even a bit scary. Especially at night. But they are just black shades that are caused when something blocks out light. The shadows cannot harm us or hurt us. And when we are in broad day light, we don't have to be afraid of shadows at all.

When we have the Light of the World in our lives, we don't have to be afraid of any shadows any more.

Jesus is the Light of the World. And He drives away the darkness and the shadows in our lives. When we have Jesus, we don't have to be afraid of anything.

LESSON: JESUS, OUR PROTECTOR (Psalm 23:4)

So far, in Psalm 23, we've learnt about the Good Shepherd who

- provides everything we need
- invites us to rest in Him
- gives us new life
- guides us along the right paths

<Get kids to revise Psalm 23:1-3 with actions>

Today we're going to look at verse 4.

*Even 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.*



The Dark Valley

### Dark Valleys

From time to time, we would pass through dark valleys.

What are valleys? Valleys are the low-lying areas between hills and mountains. <Example of the letter "M" where the middle part is like a valley>

The top of the mountains and hills are bright places because the sun shines on them. But the valleys are usually darker because the sunlight is blocked by the mountains. Some valleys can be really scary and spooky, especially when the mist starts coming in.

Sheep walking through the dark valley are also very vulnerable because other animals (lions, hyenas etc) may be hiding in the cliffs, waiting to attack them. And in a narrow valley, it may not be easy to run or hide.

Sometimes, it may seem like we are passing through dark valleys in our lives. It may be a big challenge in school, or a problem at home, or a loved one who is very sick. We may feel exposed and vulnerable, scared and lonely. There does not seem to be a light at the end of the tunnel, or in this case, valley. No hope.

But when our Good Shepherd is with us, we know He will always protect us and see us through the dark valley safely. No problem is too big or too difficult for Him.



### No Fear for He is Near

That's the biggest reason why we don't have to fear, because Jesus is with us.

Sometimes we don't see Him, but He's there! He's with us — He may be behind us. He may be beside us. He may be in front of us. But He never leaves us. Ever.

<illustrate by getting a kid to stand in front of you. Kid may not be able to see you, but you are still with the kid>

<video: Visually Impaired Paralympic Athletes running with a guide.

<https://www.youtube.com/watch?v=UhrOrnFo-s>

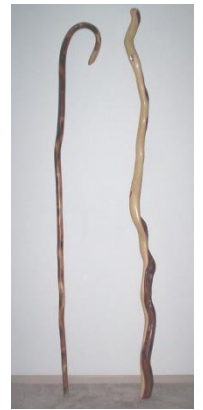
They cannot see, but they have no fear because their guide is near.>

### His rod and his staff keeps me safe

The rod: Big, long stick to ward/chase off attackers and to guide sheep to the right way

The staff: Hooked long stick to rescue sheep and to lift them up if they fall down.

Comfort: We have the assurance to know that our Good Shepherd is always with us. He will never leave us nor forsake us. He will protect us from all harm and danger.



< for older classes >

### Shadow of Death

Some versions of the Bible call these dark valleys the *"valley of the shadow of death"*.

Sometimes the valley may seem deadly. Sometimes our biggest fear is that we lose our lives.

But in this life, death is only a shadow.

E.g. Say a big truck is driving on the highway. The sun is shining on one side, casting a dark shadow of the truck on the other side. Imagine you are in a car that is driving on the other side. You will pass through the shadow of the truck. You are not actually crashing into the truck, just passing through its shadow, and the shadow will not hurt you.

Because of Jesus, even when we die on this earth, we do not have to fear. We are just passing on to a better place with Jesus, where there is no more pain or sorrow ... or valleys.





When we have Jesus, the Good Shepherd, we have eternal life in us. Jesus has defeated death. Death has NO victory and NO sting. (1 Cor 15:55)

E.g. Stingless bees

So today, we learn that:

- Our Good Shepherd is with us through the darkest valleys
- He protects and keeps us safe with His rod and staff
- We do not need to fear anything because He is near.

## ACTIVITY SUGGESTIONS

### HUDDLE TIME

In small groups, share about times when we were afraid, and what it means to have Jesus with us. Pray for one another.

### MEMORY VERSE

#### Psalm 23:1-4

*The LORD is my shepherd, I lack nothing.*

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

*He refreshes my soul.*

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

*Even 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.*

**Actions:** Learn and teach the actions for vs 1-4 from this video

[www.youtube.com/watch?v=o\\_yTtzMZdAQ&feature=related](http://www.youtube.com/watch?v=o_yTtzMZdAQ&feature=related)

### THEME SONG: Psalm 23

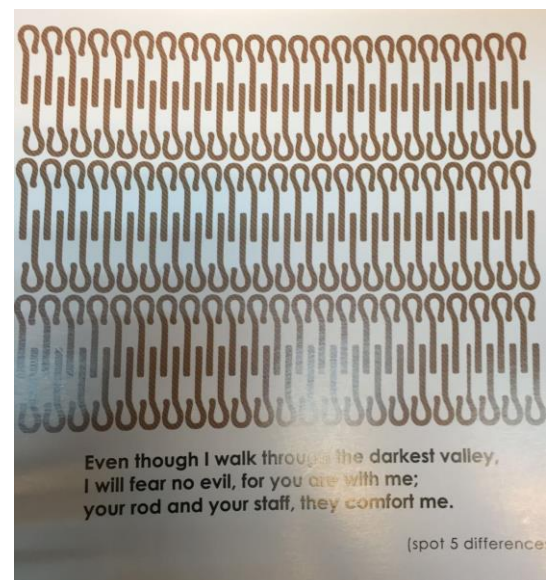
<https://www.youtube.com/watch?v=3xDMagJENz4&sns=fb>

### VIDEO: God is Bigger than the Boogie Man

<https://www.youtube.com/watch?v=CKWmmj0Cs-U>

### ACTIVITY BOOKLET:

Psalm 23:4 page



## HOOK

### TABLE SETTING RELAY GAME

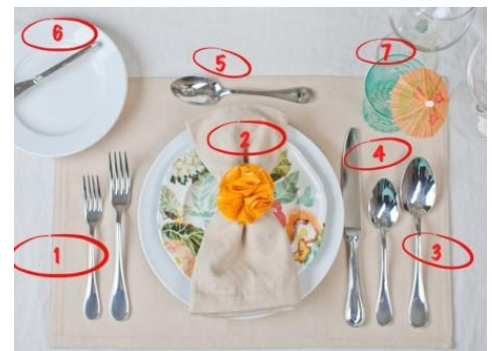
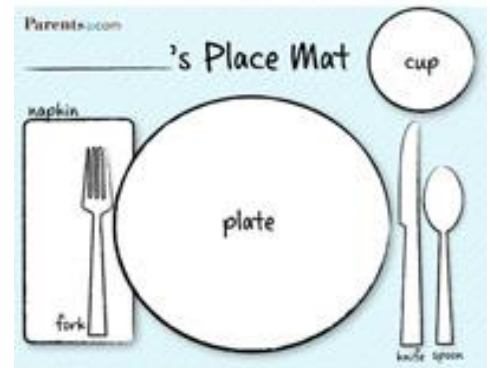
Prepare 2 sets of table settings (simpler for younger kids, more challenging for older ones)

Divide kids into 2 groups. Number of table items should be same as number of kids in each group.

Show them the order and placement of each table item.

E.g. 1 Table cloth; 2 Plate; 3 Spoon etc

Divide kids into 2 groups. First person from each group has to run forward, take a utensil/table item and put it at its correct place. Run back, tag teammate, and 2nd person runs forward etc. until all the kids have had their turn. First team to finish wins.



Say you want to invite all your friends over for a party. What would you do? There will definitely be a lot of preparation involved.

Well, first you would have to figure out who you wanted to invite. Then you would need to figure out what you were going to feed them and then you would have to make a list. Then, of course, you would have to clean your house. Then you would need to decide how you were going to decorate the table and when to start the cooking. Wow, there would be tons to do to prepare for your guests, wouldn't there? A lot of care, thought and effort is put into making the meal a scrumptious one.

Do you know that our Good Shepherd, Jesus, has prepared a wonderful feast for us? Let's find out more as we continue our journey with Psalm 23.

## LESSON: JESUS PREPARES A TABLE FOR ME (Psalm 23:5a)

**Psalm 23:5a:** *You prepare a table before me in the presence of my enemies.*

**The shepherd prepares a table for his sheep**

A good shepherd prepares only the best for his flock. So, one of his most important jobs is to prepare the choice mountain meadow lands before the sheep get there.

Before the sheep arrive, there is a lot of work to do to get the place ready for the flock. Just like if you were planning a party for all your friends. The shepherd needs to get rid of the poisonous things so the sheep won't eat them. Next, he needs to drive away as many of the predators as he can that are lurking around, like rattle snakes. And, he also needs to clean out the watering holes so the sheep will be able to drink.

All of this preparation takes place long before the sheep get there. It's a lot of hard work and it can take a lot of time. But the shepherd does all these because he loves his sheep and wants to see them enjoy the green pastures.

**In the presence of the sheep's enemies**

If there's a threat, sheep who are frightened won't be able to eat. Their eyes would be wide open. Their hearts beating fast. The food will be stuck in their mouths. Their cheeks full.

But even though there are always lions and bears out there, the sheep can eat their green, green grass in peace because they know their shepherd is watching over them.

In today's modern society, we have electric fences surrounding the sheep to keep them safe while they graze. And even though we may not see it, Jesus has His hedge of protection around us to keep us safe.

<Video: Sheep eating safely in pen while wolves look on from outside. <https://youtu.be/Hxx0LKEFJC4>>

## WHAT DOES IT MEAN TO ME?

### There is a place at the table for me

When we belong to Jesus, our Good Shepherd, He prepares us a place at His table. Only the sons and daughters of the King get to sit at the table. The servants don't get a place. The dogs don't get a place. Only the children. And you and I are His children.

**Luke 22:29-30** *And just as My Father has granted Me a Kingdom, I now grant you the right to eat and drink at My table in My Kingdom.*

### There is the best for me

Like the shepherd prepares the best for his sheep, Jesus, our Good Shepherd, gave us His very best — His very life. When we have Jesus, we have everything!

Every time we take the Holy Communion, we are reminded of the feast that He prepared — His body and His blood — for us.

### We feast in the midst of troubles

Usually people only feast when it's a party and when everything is going well and peaceful. Do you know, though, that even when there's trouble all around and when there are enemies surrounding you, the table is prepared, and you can feast in peace, because the Good Shepherd is keeping watch over you?

Whenever you are facing a problem or trouble, if your parents or teachers are angry with you, or your friends don't want to be friends with you, remember that Jesus is for you and with you. You can eat of His words and find strength and joy.

### Our enemy is defeated

The best news is, our biggest enemy, Satan, is defeated because of Jesus' work on the cross. We don't have to be afraid of him anymore. We can eat and rest with the assurance that our Shepherd is with us and that we do not need to fear the enemy any more. Whatever the enemy tries to throw at us, all the problems and sickness and challenges, they cannot harm us because our Shepherd turns it all out for our good!

So far, in our journey through Psalm 23, we've learnt that we have a Good Shepherd who:

- provides everything we need
- invites us to rest in Him
- gives us new life
- guides us along the right paths
- is with us through the darkest valleys
- protects and keeps us safe with His rod and staff
- and prepares a table for us in the midst of our enemies

## ACTIVITY SUGGESTIONS

### HUDDLE TIME

In small groups, share about times when everything is against us, and what it means to have Jesus with us. Pray for one another.

### MEMORY VERSE

#### Psalm 23:1-5a

*The LORD is my shepherd, I lack nothing.*

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

*He refreshes my soul.*

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

*Even 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.*

*You prepare a table before me in the presence of my enemies.*

### THEME SONG: Psalm 23

<https://www.youtube.com/watch?v=3xDMagJENz4&sns=fb>

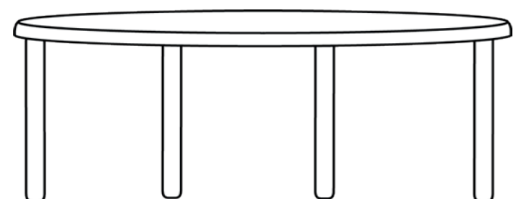
**Actions:** Learn and teach the actions from this video

[www.youtube.com/watch?v=o\\_yTtzMZdAQ&feature=related](http://www.youtube.com/watch?v=o_yTtzMZdAQ&feature=related)

(draw your favourite food)

### ACTIVITY BOOKLET:

Psalm 23:5a page



You prepare a table for me  
in the presence of my enemies

## HOOK

How do you welcome important guests to your house? We shake their hands, greet them, introduce ourselves. (Ask the children to demonstrate with a partner the way they would welcome their guests.)

Do you know how people in different cultures greet each other? (Act it out and get kids to imitate)

Japanese: greet each other with a bow from the waist with palms on thighs and heels together. A bow ranges from a nod to a 90-degree bend at the waist. The longer and lower you bow, the more respect shown.

India: touch the feet of the elderly, e.g. grandparents

Brazil: kiss two times on each cheek

Cambodia: put two hands together in front of you. The higher the hands, the more respect shown.

Jews: Shalom dance (acapella or tune: <https://www.youtube.com/watch?v=KCreul4NU94>)

*Shalom, my friend (2x)*

*Shalom, Shalom*

*May God be with you, May Christ be with you*

*Shalom, Shalom*



During Jesus' time, it was customary for the Jews to show honor and respect to their guests by anointing their head with oil, kissing them and washing their feet.

When Jesus came to Simon the Pharisee's house, he did not get any of this special treatment (Luke 7:46). But a "sinful" woman came to anoint Jesus' feet with the most expensive perfume she had and washed his feet with her tears and hair.



LESSON: JESUS ANOINTS ME (Psalm 23:5b)

**Psalm 23:5b:** *You anoint my head with oil.*

**WHY WOULD A SHEPHERD ANOINT A SHEEP'S HEAD WITH OIL?**

**Bugs:** Sheep hate bugs, such as flies and lice. They like to travel up the sheep's nose and lay eggs in their nostrils. The eggs will hatch into worms that can travel up to the sheep's brain. This will cause great distress to the sheep, and they will keep banging their heads to try to get rid of the irritation. The constant banging can cause death. The shepherd pours oil on the sheep's head and nose so that the flies would slide out instead of flying in.

**Fights:** Sheep usually will butt heads with one another to show dominance. Sometimes this causes injuries to the flock. To minimize harm, the shepherd will put oil and grease their heads so that if they clash, their heads will glide off each other without doing much harm.

**Cuts:** Sometimes if the sheep do get injured, whether by fights or anything else in the great outdoors, the shepherd will add oil to the wounds to help it heal faster.

A good shepherd anoints His sheep because they are important to him. He honours them individually and marks them as His own.



**WHAT DOES IT MEAN TO ME?**

**We are anointed**

The Good Shepherd anointed us, put His seal of ownership on us, and gave us His Spirit (2 Corinthians 1:21-22).

Jesus anoints us with His Holy Spirit. His Spirit is in you. His Spirit who lives in us teaches us about all things (1 John 2:20,27).

The Holy Spirit is a sign, a badge, that shows the world that God honours us as His special people, set apart for Him.



Because the Holy Spirit is in me, I have His:

- Peace
- Favour and
- Healing in my life

Because of this anointing, we do not have to fear any evil. People may try to bug us, pick a fight or hurt us, but they can't touch us because we are His special, honoured children. We can stand tall.

### **My Good Shepherd gives me peace**

Every day, we may encounter rude people, bothersome comments, pesky accidents. They cannot harm us with their words or deeds. Because of the Holy Spirit in us, they do not get into our heads and cause negative thoughts (anger, fear, bitterness etc).

We have Jesus' peace. We can tell Him, "Please take care of all these." We can give Him our problems.

### **My Good Shepherd gives me favour with others**

When we know Jesus, His life and love flows in us. His favour is upon us! So much so that even our enemies will make peace with us.

Even when we meet people we cannot stand, much less love, we can let Him love them through us. Just tell Him, "Lord, I can't stand this person. Please love him/her for me."

**Psalm 133:1-2** *How good and pleasant it is when God's people live together in unity! It is like precious oil poured on the head ...*

### **My Good Shepherd heals me**

When Jesus was on the cross, He hung there and took all our sins and all our sicknesses. By His stripes we are healed — physically, emotionally spiritually.

Sometimes our friends may say things to hurt us. Our parents may scold us. Our teachers may speak to us harshly. We may fall sick. But in all these things, we can look to the cross, where Jesus took it all.

Our Good Shepherd, Jesus, is attentive to all our wounds. Nothing is too small or insignificant to Him. He cleans the wound, pours healing oil on it and heals it.

If you are ever in pain, just tell Him, "Lord Jesus, I thank you that you took away my pains and hurts and sicknesses on the cross."

**CONCLUSION:**

Our Good Shepherd anoints us with His Holy Spirit because we are important to Him.

His Holy Spirit gives us peace, favour and healing.

So far, in our journey through Psalm 23, we've learnt that we have a Good Shepherd who:  
provides everything we need

- invites us to rest in Him
- gives us new life
- guides us along the right paths
- is with us through the darkest valleys
- protects and keeps us safe with His rod and staff
- prepares a table for us in the midst of our enemies
- and anoints our heads with oil.

## ACTIVITY SUGGESTIONS

### HUDDLE TIME

In small groups, share about what it means to have Jesus' favour and anointing on us. Pray for one another.

### MEMORY VERSE

#### Psalm 23:1-5

*The LORD is my shepherd, I lack nothing.*

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

*He refreshes my soul.*

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

*Even 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.*

*You prepare a table before me in the presence of my enemies.*

*You anoint my head with oil.*

### THEME SONG: Psalm 23

<https://www.youtube.com/watch?v=3xDMagJENz4&sns=fb>

**with Actions:** Learn and teach the actions from this video

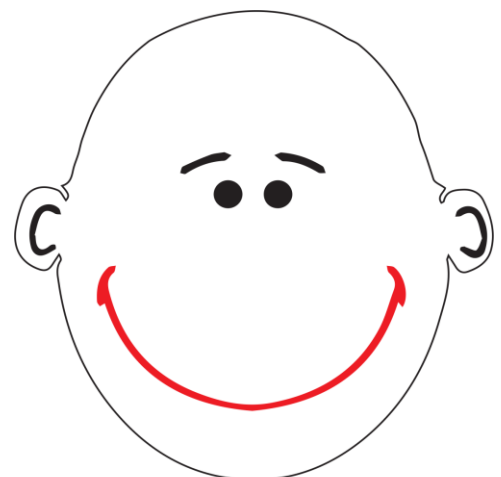
[www.youtube.com/watch?v=o\\_yTtzMZdAQ&feature=related](http://www.youtube.com/watch?v=o_yTtzMZdAQ&feature=related)

### ACTIVITY BOOKLET:

Psalm 23:5a page

Kids to draw their own hairstyles or stick on wool for hair.

Prepare some oil or perfume for the kids to dab on the head.



You anoint my head with oil

## HOOK

Materials: An empty jar, a (larger) pouring jar with water, a cloth or napkin, a straw

Put the empty jar on top of the cloth/napkin

Tell the kids that the aim of the game is to pour as much water into the empty jar without it spilling over.

For older kids, can get them to take turns pouring in water. For younger kids, the teacher can do it for them.

The tricky part is when the water reaches almost to the brim of the jar. By then, can use the straw to drop water into the jar bit by bit.

Game/illustration ends when the jar overflows.



In this illustration, we see how much is really needed to make a cup overflow.

Do you know our lives are a cup too? A cup full of God's life, goodness and blessings.

And do you know, our cups are not just half full or half empty. It's not even full to the brim. It's overflowing. Not by a trickle or a drop, but in abundance.

Imagine holding your cup under a waterfall. What happens? The water is just gushing in and gushing out. It's never ending. And never run out.

That's what life is when you have Jesus in you.



### SONG:

Running over, running over,  
My cup's full and running over.  
Since the Lord saved me  
I can be happy as can be,  
My cup's full and running over.

[https://www.youtube.com/watch?v=puU6gCQ\\_fJA](https://www.youtube.com/watch?v=puU6gCQ_fJA)

LESSON: JESUS' ABUNDANCE FILLS MY LIFE EVERYDAY (Psalm 23:5c-6)

**Psalm 23:5c-6:**

*My cup overflows*

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

**WHAT DOES THIS MEAN TO A SHEEP?**

Sheep need fresh water. Sheep drink water from streams or lakes. However, the water may be polluted/not clean.

Besides streams of quiet water, the shepherd would also bring fresh water to troughs or buckets for sheep to drink, as it is being practised/ done by shepherds today.

David's sheep water troughs were never empty. They were always full and overflowed. David was a good shepherd over his sheep.

The shepherd always cares of his sheep. All the sheep has to do is to follow the shepherd and all its needs are taken care of.

**WHAT DOES THIS MEAN TO ME?**

**My Good Shepherd's supply always overflows**

E.g. Jesus feeding the 5000 and more with a boy's lunch of 5 loaves & 2 fish. They ended up with 12 baskets of loaves leftover. (John 6:13)

Simon Peter and some other disciples went fishing all night but caught nothing. Jesus came to them and they caught so many large fish that they could not to draw the net up (John 21:3-6)

Our Lord gives us exceedingly abundantly above all that we asked for or imagined (Ephesians 3:20).  
<Share a personal testimony.>

**My Good Shepherd, Jesus, is the fresh and living water**

**John 4:13-14** *Jesus answered, "Everyone who drinks this water will be thirsty again, 14 but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."*

**Jesus gives us everlasting life and meets all our needs. (I lack nothing)**

I do not need to look elsewhere because I am satisfied in Christ Jesus. (I thirst no more)

Jesus, living in us, makes us become a fountain of water that overflows, a fountain of abundant life.

He blesses us so much that we become a blessing to others around us.

**As I follow my Good Shepherd, His goodness and mercy follows me all the days of my life.**

Just as if we keep under the waterfall, our cup will keep being filled and overflowing.

So as we walk with the Good Shepherd, we don't have to chase after God's blessings. Instead, His blessings, His goodness, His mercy and His favour chases after us all the days of our lives and overflows to all around us.

All the days of my life: not just some days, not just "good" days but every day! God is good to me ... ALL the time!

#### **CONCLUSION:**

So far, in our journey through Psalm 23, we've learnt that we have a Good Shepherd who:

- provides everything we need
- invites us to rest in Him
- gives us new life
- guides us along the right paths
- is with us through the darkest valleys
- protects and keeps us safe with His rod and staff
- prepares a table for us in the midst of our enemies
- anoints our heads with oil
- overflows our cup
- and fills all our days with His goodness and mercy.

## ACTIVITY SUGGESTIONS

### HUDDLE TIME

In small groups, share about what it means to have Jesus' abundance in our lives. Pray for one another.

### MEMORY VERSE

#### Psalm 23:1-6

*The LORD is my shepherd, I lack nothing.*

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

*He refreshes my soul.*

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

*Even 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.*

*You prepare a table before me in the presence of my enemies.*

*You anoint my head with oil.*

*my cup overflows.*

*6 Surely your goodness and love will follow me all the days of my life,*

*and I will dwell in the house of the LORD forever.*

### THEME SONG: Psalm 23

<https://www.youtube.com/watch?v=3xDMagJENz4&sns=fb>

**with Actions:** Learn and teach the actions from this video

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### ACTIVITY BOOKLET:

Psalm 23:5c-6 page

Prepare stickers etc to decorate the cup.

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

