



# Family Worship Guide

PSALM 23

summit  
kids

# Tips for Family Worship

## Be Brief

10 minutes or even less for younger children.

## Be Regular

Try to develop a consistent time for your Family Worship.  
Use your own family's natural rhythm to find a regular time.

## Be Flexible

Adjust your timing when necessary.

## Be Simple

*Read. Chat. Pray. Sing.* You don't need to prepare anything.

- For "Sing" ideas, see last page of Guide.
- Bring your Bible to the table, or place of your Family Worship Time. Your "Chat" time should be casual conversation, inviting kids to share their thoughts and ideas.

## Psalm 23

<sup>1</sup> The Lord is my shepherd; I shall not want.

<sup>2</sup> He makes me lie down in green pastures.

He leads me beside still waters.

<sup>3</sup> He restores my soul.

He leads me in paths of righteousness

for his name's sake.

<sup>4</sup> 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.

<sup>5</sup> You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

<sup>6</sup> Surely goodness and mercy shall

follow me all the days of my life,

and I shall dwell in the

house of the Lord forever.

## Verse

The Lord is my shepherd; I shall not want.

*Psalm 23:1a*

## Big Idea

The Lord is my Shepherd, I shall not want.

## Read

Before, during, or after dinner, open your Bible and read it aloud.

The Lord is my shepherd; I shall not want.  
*Psalm 23:1a*

## Chat

Begin a conversation with your kids about this verse. Here are some ideas to help you get started:

- What do you know about sheep?
  - Let kids tell you everything they can think of about a sheep.
- Share some of these “fun facts” about sheep:
  - If a sheep rolls on his back, he cannot get up by himself.
  - Sheep don't do well on their own. They need a shepherd to help keep them from harm and danger.
  - Sheep and shepherds are mentioned 247 times in the Bible!
- Who does this verse say is OUR shepherd?
- Do we NEED a shepherd? Why or Why Not?
- This verse tells us Jesus (our Shepherd) gives me EVERY THING I need!
  - Talk about some needs we have. Differentiate between “needs” and “wants.”

## Pray

End your Chat with a prayer, thanking God for being our Shepherd.

Ask your kids to join and pray with you.

## Sing

Refer to ‘Sing Ideas’ page at the back of the booklet.

## Family Fun Idea - Game (OPTIONAL)

Empty a bag of cotton balls on the floor and see who can gather the most “sheep” into their area. The only way to “move the sheep” is by blowing them into your area.

## Verse

He makes me lie down in green pastures.

He leads me beside still waters.

*Psalm 23:2*

## Big Idea

The Lord is my Shepherd, He makes me rest.

## Read

Before, during, or after dinner, open your Bible and read it aloud.

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

## Chat

Begin a conversation with your kids about this verse. Here are some ideas to help you get started:

- Let's talk about all the things we do each day.
- Do you ever get tired of doing all these things? Even when you are tired, are there some of these things that you still have to do?
- From this verse, where do you think sheep rested?
- When Jesus is our Shepherd, He makes us rest. Why would He want us to rest?

## Pray

End your Chat with a prayer, thanking God for making us rest.

Ask your kids to join and pray with you.

## Sing

Refer to 'Sing Ideas' page at the back of the booklet.

## Family Fun Idea - Cuddle Time (OPTIONAL)

Cuddle up as a family in your most comfy and soft blankets or comforters. Talk about how the blankets feel so nice, soft and wonderful.

## Verse

He restores my soul;  
*Psalm 23:3a*

## Big Idea

The Lord is my Shepherd, He satisfies my soul.

## Read

Before, during, or after dinner, open your Bible and read it aloud.

He restores my soul;  
*Psalm 23:3a*

## Chat

Begin a conversation with your kids about this verse.

Here are some ideas to help you get started:

- On a hot day, after you've been playing outside all day, are you thirsty? What is the one thing you most want to drink?  
(OPTIONAL) ask who can describe an ice cold glass of water.
- After you drink that wonderful water, how do you feel?  
Satisfaction means experiencing delight, pleased, and content.
- Did you know that Jesus can give us that same type of satisfaction?
- (OPTIONAL) Share your own story about being satisfied by God. Ask kids if they have experienced being satisfied by God.

## Pray

End your Chat with a prayer, thanking God for satisfying us. Ask your kids to join and pray with you.

## Sing

<https://youtu.be/PZuMD4mGLwI>

## Family Fun Idea - Simple Experiment (OPTIONAL)

"Restore" some old pennies by placing them in a non-metal bowl with  $\frac{1}{4}$  cup white vinegar and 1 teaspoon salt. Wait a few minutes, then rinse them with water and dry with a paper towel. Enjoy the shiny new pennies and how they have been "restored."

# Family Worship **4**

## Verse

He leads me in paths of righteousness for his name's sake  
*Psalms 23:3b*

## Big Idea

The Lord is my Shepherd, He leads me for my good and His glory.

## Read

Before, during, or after dinner, open your Bible and read it aloud.

He leads me in paths of righteousness for his name's sake.  
*Psalms 23:3b*

## Chat

Begin a conversation with your kids about this verse.

Here are some ideas to help you get started:

- According to the verse, where does God guide me?
- According to the verse, why does He guide me in the right paths?

## Pray

End your Chat with a prayer, thanking God for leading us in the right way to live. Ask your kids to join and pray with you.

## Sing

Refer to 'Sing Ideas' page at the back of the booklet.

## Family Fun Idea - Simple Obstacle Course (OPTIONAL)

Put up a few simple obstacles around the room (a chair, anything on hand) Blindfold your child and have them try to walk around the obstacles. Now, with blindfold still on, direct them, in the right way, to avoid the obstacles.

# Family Worship **5**

## Verse

Even though I walk through the valley of the shadow of death,  
I will fear no evil, for you are with me;

*Psalm 23:4a*

## Big Idea

Since the Lord is my Shepherd I can walk fearlessly through the valleys of life.

## Read

Before, during, or after dinner, open your Bible and read it aloud.

Even though I walk through the valley of the shadow of death,  
I will fear no evil, for you are with me;  
*Psalm 23:4a*

## Chat

Begin a conversation with your kids about this verse.

Here are some ideas to help you get started:

- This verse tells us that sometimes we go through times of being afraid. What is something that makes you scared or afraid?
- Did you hear what else this verse tells us? God is WITH US! How can you remember that when you are afraid?

## Pray

End your Chat with a prayer, thanking God for being with us when we are afraid. Ask your kids to join and pray with you.

## Sing

Refer to 'Sing Ideas' page at the back of the booklet.

## Family Fun Idea - Remember Verse (OPTIONAL)

Help your children write/color this verse and put it in a place they can see it regularly. Help them memorize this verse.

## Verse

Your rod and your staff, they comfort me.  
*Psalm 23:4b*

## Big Idea

The Good Shepherd comforts us with the rod and staff.

## Read

Before, during, or after dinner, open your Bible and read it aloud.

Your rod and your staff, they comfort me.  
*Psalm 23:4b*

## Chat

Begin a conversation with your kids about this verse.

Here are some ideas to help you get started:

- What are a shepherd's rod and staff? Let your kids share their ideas.
  - A shepherd's staff was used to help his sheep. For example, if a sheep had fallen into a dangerous place, the shepherd would use the hook end of the staff to pull the sheep to safety.
  - A shepherd's rod was used to discipline sheep and to protect sheep. If a sheep was going the wrong direction, a shepherd might use it to poke the sheep back to the right direction. It was also used to keep wild animals from attacking his sheep.
- With Jesus as our Shepherd, His rod and staff are symbols. (Quickly draw a tree on a piece of paper and ask your child what is the drawing. When they answer "a tree," explain that it is a PICTURE OR SYMBOL of a tree, but not an actual tree.) Talk about how Jesus keeps us going in the right direction and how He takes care of us.

## Pray

End your Chat with a prayer, thanking God for leading, protecting, and loving us. Ask your kids to join and pray with you.

## Sing

Refer to 'Sing Ideas' page at the back of the booklet.

## Family Fun Idea - Simple Craft (OPTIONAL)

Make a shepherd's staff out of pipe cleaners or straws or simply draw a staff on paper. Encourage your children to use this to remember how God loves us.



# Family Worship **7**

## Verse

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

*Psalm 23:5*

## Big Idea

The Lord is my Shepherd, He goes before me.

## Read

Before, during, or after dinner, open your Bible and read it aloud.

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

*Psalm 23:5*

## Chat

Begin a conversation with your kids about this verse.

Here are some ideas to help you get started:

- What does this verse tell us God is doing for us? Who else is at the feast?
- Why would God do this IN FRONT our enemies? (to show those enemies that HE is in charge!)
- Have you ever had so much fun, or food, or love that you feel completely “full?” That’s what “my cup runs over” means. It means that God give us SO many blessings! Talk about how Jesus gives us grace upon grace in our lives.

## Pray

End your Chat with a prayer, thanking God for giving us so much love!  
Ask your kids to join and pray with you.

## Sing

Refer to ‘Sing Ideas’ page at the back of the booklet.

## Family Fun Idea - Simple Experiment (OPTIONAL)

In the bathtub, give your kids cups to pour into each other, watching the overflow of the water.

# Family Worship **8**

## Verse

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

*Psalm 23:6*

## Big Idea

The Lord is my Shepherd, He will be with me forever.

## Read

Before, during, or after dinner, open your Bible and read it aloud.

Surely goodness and mercy shall follow me all the days of my life,  
and I shall dwell in the house of the Lord forever.

*Psalm 23:6*

## Chat

Begin a conversation with your kids about this verse.

Here are some ideas to help you get started:

- How long does this verse tell us God's love will be with us?
- When we know Jesus, where will we live? For how long?

## Pray

End your Chat with a prayer, thanking God for loving us forever!  
Ask your kids to join and pray with you.

## Sing

Refer to 'Sing Ideas' page at the back of the booklet.

## Family Fun Idea - Dessert Fun (OPTIONAL)

To celebrate God's love - giving us Jesus as our Shepherd - have a special dessert after dinner. Make vanilla frosted cupcakes, top with marshmallows to look like a sheep. (See Pinterest "sheep cupcakes" for visuals.)

## 'Sing' Ideas

### To the tune of "Mary Had a Little Lamb"

The Lord is my shepherd, shepherd, shepherd,  
The Lord is my shepherd, I shall not want.  
The Lord always leads me, leads me, leads me,  
The Lord always leads me, and gives me rest.  
The Lord restores my soul, my soul, my soul,  
The Lord restores my soul and guides me in right paths.  
The Lord always comforts me, comforts me, comforts me,  
The Lord always comforts me, I will not fear.  
The Lord anoints my head, anoints my head, anoints my head,  
The Lord anoints my head, my cup overflows.  
The Lord will let me dwell with Him, dwell with Him, dwell with Him,  
The Lord will let me dwell with Him, forever and forever.

### Psalm 23 Songs on Spotify & Youtube

Psalm 23, God's Kids Worship Band

Psalm 23, The Corner Room

Psalm 23 (I Am Not Alone), Joshua Sherman

House of God Forever - Jon Foreman

### Other Songs

Jesus Loves Me

Doxology

Holy, Holy, Holy

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