THINK READ PRAY ACT

Psalm 23: A Psalm of David

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
for ever.

For the Read section you can either use a bible you have at home or copy the readings into a bible website such as https://www.biblegateway.com/
There are different version of the Bible on there. You might like to try NIV or NRSVA version

THINK READ PRAY ACT

Psalm 23

THE VERSE

The shepherd

THINK

What does a shepherd do?
What does the shepherd mean to you?
Who might the shepherd be?

READ

John 10:11-13
Jesus said, 'I am the good shepherd'

PRAY

What do you need today?
Pray for farmers as they continue to provide us with the food we need.

ACT

Find out what shepherds do today. Find some breeds of sheep: https://www.countrylife.co.uk/out-and-about/dogs/shaggy-sheep-stories-21-native-british-sheep-breeds-recognise-153367

The Lost Sheep song https://www.youtube.com/watch?v=SSyHow_RK7A

THINK READ PRAY ACT

Psalm 23

THE VERSE

The Green Pastures

THINK

What is it like to be in the countryside?
What can you see and hear?
How does it feel to you?
What can you smell?

READ

Genesis 1: 9-13
God created the dry land

PRAY

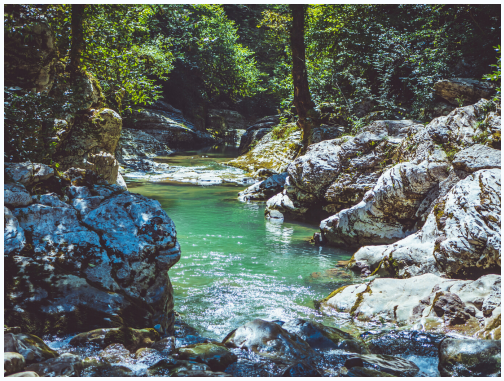
Thank God for creation and for green spaces: maybe your garden or local park.

ACT

Create 4 images of the countryside in spring, summer, autumn and winter using paint, crayons, collage paper, Lego, playdough...

THINK READ PRAY ACT

Psalm 23



THE VERSE

The Quiet Waters

THINK

Do you like water?
What words describe water for you?
Have you ever paddled in a stream or been swimming in a river or the sea (only ever do this where it is safe and an adult is with you)

READ

Amos 5: 24
But let justice roll down like waters and righteousness like an ever-flowing stream.

PRAY

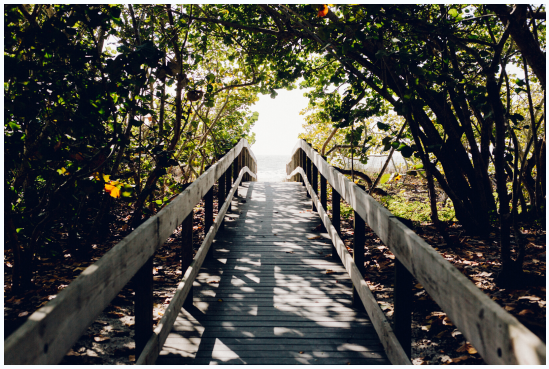
Pray for people who don't have access to clean water and find out about charities and organisations who help them.
https://www.wateraid.org/uk/

ACT

How many taps do you have in your house?
How often do you use water?
Thank God every time you use water today or say the verse from Amos 5 as you wash your hands.

THINK READ PRAY ACT

Psalm 23



THE VERSE

The Right Paths

THINK

Have you ever been on a walk, following a map?
Was it easy to follow?
Have you ever been lost or had to choose which path to take while out walking?
What was it like to be lost or have gone the wrong way?
What does it feel like to have to choose a path to take?

READ

Psalm 25: 4-5
The ways of the Lord

PRAY

Prayer labyrinths are ancient ways to pray.
Use a prayer labyrinth to pray.
http://www.pilgrimpaths.co.uk/Finger%20Labyrinth%20and%20Prayer%20Guide%20Leaflet.pdf

ACT

A maze is different to a labyrinth but have a go at making one by drawing or find one online.
Or make one. https://www.wikihow.com/Make-a-Marble-Maze-Game
A word search based on Psalm 23 - have a go at completing it and seeing how long it takes you to complete it all - you might like to time it!?
This is the link to it:
https://www.armoredpenguin.com/wordsearch/Data/2020.03/2312/23121716.479.html

Or you might like to make your own one:
https://www.armoredpenguin.com/wordsearch/index2.html

THINK READ PRAY ACT

Psalm 23

THE VERSE

The Darkest Valley

THINK

Have you ever been afraid?
What does that feel like?
What comforts you
when you are afraid?

READ

Jeremiah 1: 4-8
Do not be afraid.

PRAY

Remember today those people who might be afraid. Ask God to comfort them.
Ask God that you will know his presence when you are afraid.

ACT

'Do not be afraid' (or fear not) appears in the bible 365 times – once for every day of the year.
Find it using https://www.biblegateway.com/ to search
Make a bookmark, poster or card for someone with the words 'Do not be afraid' as a reminder.
Either use paper plates or cut some circles out of paper and draw on an afraid looking face and a happy one put them back to back on a straw or skewer and spin them round.
Look for emojis showing different feelings. Draw some emojis for Psalm 23.
Listen to 'I Raise a Hallelujah' https://www.youtube.com/watch?v=e3RRU25dpPg

THINK READ PRAY ACT

Psalm 23

THE VERSE

The Goodness and Love

THINK

Who loves you? And who do you love?
How do you show your love for each other?
Can you describe what that feels like?
How do we love other
people – our neighbour, people in other countries?

READ

Luke 23: 44-49
(or 26-49)
The death of Jesus
And
John 3:16 God's love

PRAY

Thank God for those people in your life who love you and who you love.
Thank God for Jesus
Pray for people who feel unloved and are lonely. Ask God to bring people alongside them to support them.

ACT

Look at some photos of your family and friends and talk about times you have spent together.
Send a letter, postcard or email to someone you miss spending time with.
Cut out some love heart shapes and write on each one the name of a member of your family and one thing you admire about them.
Talk about charities you support or choose one or two to support either financially or with volunteer time if you are able. Raise money or the profile of the charity.

THINK READ PRAY ACT

Psalm 23

THE VERSE

The House of the Lord

THINK

What might the house of the Lord be like?
Would you like to live there and why?
Who else might live there?

READ

John 14: 1-7
The way, the truth and the life

PRAY

Do not let your hearts be troubled.
Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.
Spend some time saying these words spoken by Jesus and think what that means for you:
(you could make up some simple actions for them too).

ACT

Draw or make your own image of ‘the house of the Lord’ and add some words to describe what you think the house of the Lord is like.
Build a den (indoor from chairs and sheets or outdoor if you can) and spend some time there reading, praying or playing.
Learn the words in the pray section and use them daily to remind yourself who Jesus is.