



Lifegroup Kids Guide:

God is my shepherd

INTRO

We encourage family Lifegroups to do welcome & vision, Lifegroup house rules, and worship all together – then have the kids and adults separate for discussion.

WELCOME & VISION DANCE (5 MINUTES)

Who loves Lifegroup?!! Who can tell me why we do lifegroup?

We're going to teach you a simple way to remember why we do Lifegroup. It's called the vision dance. Are you ready?!

- Because Jesus loves us (point up, then point to yourself)
- We want to walk with Jesus (walk in place)
- Become like Jesus (cross arms over chest)
- Help others follow Him (point out to others, then point up to Him)

Do it again in slow motion or super fast. Have fun with it.

LIFEGROUP HOUSE RULES (2 MINUTES)

We have 3 Lifegroup rules.

1. Be kind and respect ourselves
2. Be kind and respect others and their things.
3. Listen and obey the first time.

Who can repeat these back to me?

Discipline Plan: 1st time is a warning, 2nd time you talk with kids leader, 3rd time we get your parents and you leave kids portion of lifegroup, but are welcome to come back next time

note to share any house specific rules

EX: No going into people's bedrooms, we take our shoes off at the door, etc.

BIBLE STORY: Psalm 23 (15-20 MINUTES)

Opening question

- Does anyone know who David is from the Bible? (king, shepherd, beat Goliath)
- Does anyone remember what job David did as a boy? (He was a shepherd!)
- What does a shepherd do? (Takes care of sheep) What sound do sheep make?
- How does a shepherd take care of sheep? (leads them, protects them, etc.)

David wrote a song about how God is a shepherd to Him. It's called Psalm 23. We are going to learn about how God is our shepherd too.

Read Psalm 23

Have one child read it, then have another child take a turn. The NIRV version is at a 3rd - 4th grade reading level for kids

1 The Lord is my shepherd. He gives me everything I need.

2 He lets me lie down in fields of green grass.

He leads me beside quiet waters.

3 He gives me new strength.

He guides me in the right paths

for the honor of his name.

4 Even though I walk

through the darkest valley,

I will not be afraid.

You are with me.

Your shepherd's rod and staff

comfort me.

5 You prepare a feast for me

right in front of my enemies.

You pour oil on my head.

My cup runs over.

6 I am sure that your goodness and love will follow me

all the days of my life.

And I will live in the house of the Lord

forever. (Psalm 23 NIRV)

Psalm 23 Stations

We are going to pretend like we are going on a journey together as sheep and God is our shepherd. We sheep (bah) will go through 3 stations on our journey.

Station 1 is about listening and obeying to the Shepherd. Read verses 1 & 2.

1 The Lord is my shepherd. He gives me everything I need.

2 He lets me lie down in fields of green grass.

He leads me beside quiet waters.

- Why do you think it's important to listen to God as a shepherd?
- What do you think would happen if sheep didn't listen to the shepherd?
- **Activity:** We are going to play a game that will help us practice listening and obeying. Who has played "Simon Says"? Well instead of "Simon Says" we are playing "Shepherd Says".
 - If the Shepherd Says lie down, we will lie down. If the Shepherd Says jump, we want to jump. If the Shepherd does not say it, we don't want to do it.

Station 2 is about trusting God no matter what. Read verses 3 & 4.

3 He gives me new strength.

He guides me in the right paths
for the honor of his name.

4 Even though I walk
through the darkest valley,

I will not be afraid.

You are with me.

Your shepherd's rod and staff
comfort me.

- Do any of you get scared sometimes? Do you know grown-ups can get scared too? God tells us to not be afraid because He is our shepherd.
- **Activity:** We are going to play the blindfold game. We are going to have some kids be blindfolded and other kids lead them by the hand as the shepherd. Have the shepherds lead the blindfolded sheep across the room. Switch places.

Station 3 is our last station. It is about God's promise to love and follow us wherever we go. Read verses 5 & 6.

5 You prepare a feast for me
right in front of my enemies.

You pour oil on my head.

My cup runs over.

6 I am sure that your goodness and love will follow me
all the days of my life. And I will live in the house of the Lord forever.

- Activity: Pick a child for everyone to copy. As that child walks around the room, everyone follows them. Next, have someone else take a turn of following and copying them. You can walk around, jump, crawl etc.
 - Talk about how God's goodness and love will always follow us. There is no place we can go or anything we can do that will separate us from the love of God.

PRAYER (7-10 MINUTES)

Share about a time when you have seen God be a good shepherd to you.. Make sure it's a kid friendly testimony!

- Ask the kids how God is a good shepherd.
- Ask if they have any situations in their life where they need to listen and obey God as a good shepherd.
- Allow time for them to share and then have them pray for one another.

EXTRA IDEAS IF YOU STILL HAVE TIME...

PRACTICE MEMORY VERSE

Walk (walk in place) in the way of love (cross arms over chest), just as Christ (point up) loved us (point to self),' Ephesians 5:2."

PLAY!

- Soccer
- Tag
- Simon Says
- Hide n Seek
- Rock/Paper/Scissors

DANCE!

- Play the monkey video and dance along. [Monkey video](#) (if you're trying to calm kids down - do not play this song 😂)
- Freeze Dance - Have the kids dance to upbeat music and when it stops they have to freeze until the music starts playing again. If they move when the music has stopped, they are out. Play until there is only a handful of kids left then play again if time allows.