

FAMILY ACTIVITY: Have the kids draw a picture of something they are afraid of or worried about. Then, fold it up and put it inside their Bibles to symbolize offering that thing up to God.

PRAY TOGETHER: *Dear Jesus, I confess that I am worried about _____ or scared about _____. I trust that You are my Good Shepherd, and You will always take care of me. Please take away my fear and worry and give me Your supernatural peace. Amen.*

MEMORIZE TOGETHER: “Casting all your anxieties on Him, because He cares for you” (1 Peter 5:7 ESV).



*Daily Devotional Day 1: Meet the Good Shepherd
[Family Version]*

I. INTRODUCTION – *start with prayer, then ask...*

DISCUSSION QUESTION: What are some things you are worried or afraid about right now?

DISCUSSION QUESTION: What do you think you can do about your worries and fears?

READ TOGETHER: Psalm 23

II. DIGGING DEEPER

DISCUSSION QUESTION: Make a list—or even draw pictures—of images in this psalm (a shepherd, a sheep, green pastures, etc.). Take turns describing what you think of when you hear these images.

DISCUSSION QUESTION: What qualities of a shepherd do you see in this psalm? What does He do for His sheep?

This psalm describes what it is like to have God take care of you like a shepherd takes care of his sheep. In the ancient world, shepherds weren't very rich, famous, or important. Yet of all things, God compares Himself to a shepherd! Shepherds are a great example of God, because shepherds don't watch over their sheep from afar. They are up close and personally caring for their sheep. When a sheep is sick or hurt, the shepherd picks it up and carries it in his arms (Isaiah 40:11). When a sheep is lost, the shepherd looks everywhere until he finds it (Luke 15). If a wolf comes, the shepherd protects his sheep (John 10). He guides his sheep in the right direction to find food and water, and he is so close with his sheep that they know him just by the sound of his voice. When he calls, they follow because they trust him (John 10).

One of the neat things about the Psalms is that sometimes the most important line is exactly in the middle of the psalm. **Can you find the middle?** In Psalm 23, the middle phrase is,

“You are with me.” The most important thing about God as our shepherd is that He is with us. Let's read that verse again.

READ TOGETHER: Psalm 23:4

When life gets scary or uncertain, we don't have to worry or be afraid because God is with us. We may *feel* afraid, but God is bigger than all our fears. We may *feel* worried, but God can give us peace. If you ever feel worried or afraid, you can always talk to God about it. And, what does the psalm say? He will comfort you.

III. APPLY IT TO LIFE

In Philippians 4:6–7, the Bible promises us that if we bring our worries to God and give them to Him in prayer, He will give us peace. In 1 Peter 5:7, the Bible describes that process as “casting your anxieties on Him.” We are told to take whatever we are worried or scared about and give it to God. The rest of that verse tells us why we can do that—because He cares for us. Because God is the Good Shepherd who takes good care of His sheep. Whenever you feel worried or afraid, pray. Take your fears to the Good Shepherd and let Him comfort you.

PARENT STORY: Tell a story of a time when you had a need and God met it, or, of a time when you were worried or afraid and God comforted you.