

R.E. lesson on Christianity - "Sacred books / The Bible (Psalm 23)"

These activities are based on Psalm 23 from the Christian Sacred book, the Bible. The aim of this lesson is to help you explore how a small portion of the Bible may help Christians in their daily lives.

Read the Psalm and the background information. Follow the instructions and write or draw your thoughts in the boxes provided.



The Bible:

- contains 66 different books.
- was written over more than 1500 years(!) by more than 40 different authors.
- has two parts; Old Testament and the New Testament.
- tells us about God and Jesus.

Psalm 23



- ¹ The Lord is my shepherd. I have everything I need.
- ² He gives me rest in green pastures. He leads me to calm water.
- ³ He gives me new strength. For the good of his name, he leads me on paths that are right.
- ⁴ Even if I walk through a very dark valley, I will not be afraid because you are with me. Your rod and your shepherd's staff comfort me.
- ⁵ You prepare a meal for me in front of my enemies. You pour oil of blessing on my head. You give me more than I can hold.
- ⁶ Surely your goodness and love will be with me all my life. And I will live in the house of the Lord forever.



In verse 1 David says that God is like a shepherd. Draw a shepherd looking after his sheep here:

David recognised that God looks after us like a shepherd looks after his sheep. Write down what sheep really need.

The writer of Psalm 23, David, was a friend of God all through his life. As well as being a King, a soldier, a musician and a shepherd, David was also a poet. Many of his poems can be found in a book of the Bible called the Psalms. (Psalm = song/prayer.)

In verse 2 David says that God leads him to calm places where he can find rest. Where can you find peace and stillness? Draw a picture of that place.

In verse 5 David remembers some of the good things God has done for him in the past. He says that God has given him 'more than he can hold'. Like a cup that is full and overflowing. Surround these cups with the names of people or things that you are grateful for.

Add more splashes for the good things you have in your life. Christians would thank God for these things.



Verse 4 says that God is with us in dark times, even when we are worried or upset. The Bible encourages us to give our worries to God.

Write or draw any worries you have in this box, then tear or cut this corner off the sheet and throw it in the bin. As you do this, you might like to tell God about your worries.

How do you think reading (or singing!) Psalm 23 might help Christians when they are facing life's challenges and problems?



Independent thinking: What helps YOU when you are facing a big challenge or problem?

David once beat the mighty Goliath! Check out the story : 'God's story, David and Goliath' or www.youtube.com/watch?v=7zLAcUZkxHA
How might David have found courage to fight the giant Goliath?

Optional: Listen to different musical versions of Psalm 23 (you could try 'googling' *Psalm 23 Crimond* or *Stuart Townend*)



Want to learn more about the Bible?

Check out www.request.org.uk and search for 'Bible'

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