

# St Wilfrid's Family Focus

3rd May 2020 – Jesus is our Shepherd

**Welcome** to this week's Family Focus! A weekly opportunity for you to gather together as a family and spend some time with God. A usual there is a story to read, some things to wonder about, a song to sing and some suggestions for activities and prayer. Use them in whatever way works best for you. We pray that you will know that God is with you as you meet together today, wherever you are. Have fun!



## Story – Jesus is our Shepherd

Today we're thinking about Jesus being our Shepherd. One of the famous places in the Bible where God is described as a Shepherd is Psalm 23, and Jesus uses the images from this psalm to describe himself as a Shepherd in chapter 10 of John's gospel.

Psalms are songs written to worship God. They often tell us about who God is, and also about the writers' experiences of God. There are happy psalms, sad psalms, angry psalms and joyful psalms. They express all sorts of emotions, and show us that however we are feeling we can tell God about it as we worship him. You might like to read through the Psalm 23 (below), or have a look at this video of a reading of the psalm from the Jesus Storybook Bible

[https://www.youtube.com/watch?v=K6fM4\\_8VU-8](https://www.youtube.com/watch?v=K6fM4_8VU-8)

### **Psalm 23** (*Good News Translation*)

The Lord is my shepherd;

I have everything I need.

<sup>2</sup> He lets me rest in fields of green grass

and leads me to quiet pools of fresh water.

<sup>3</sup> He gives me new strength.

He guides me in the right paths,

as he has promised.

<sup>4</sup> Even if I go through the deepest darkness,

I will not be afraid, Lord,

for you are with me.

Your shepherd's rod and staff protect me.

<sup>5</sup> You prepare a banquet for me,

where all my enemies can see me;

you welcome me as an honored guest

and fill my cup to the brim.

<sup>6</sup> I know that your goodness and love will be with me all my life;

and your house will be my home as long as I live.



## I wonder...

Here are some things you might like to wonder about together

- I wonder which part of this psalm you like best?
- I wonder why Jesus describes himself as a Shepherd?
- I wonder if you have ever been to a wonderful place like the one described in the psalm?
- I wonder if you have ever felt like things were difficult and dark, like this writer has?
- I wonder what this psalm tells us about what Jesus is like?



## Song - Every Step by Nick and Becky Drake

[https://www.youtube.com/watch?v=nZBhKp5\\_HwE](https://www.youtube.com/watch?v=nZBhKp5_HwE)

Like Psalm 23, this song reminds us that God is with us always, and he loves us and will lead us in our lives. You might like to sing it together. If you would like to sing a version of psalm 23, you could try this one by Stuart Townend:  
<https://www.youtube.com/watch?v=-elQQayhpak>



## A Prayer to say

Dear God

Thank you that you are our Shepherd. Thank you that you promise to be with me when I am happy and when I am sad, when I am angry and when I am joyful. Please help me to listen to your voice, and follow where you lead me. Please be with anyone who is feeling alone today, and help them to know that you want to be their shepherd too. Please be with... (add the names of anyone you want to pray for today)

In Jesus name, Amen/Yo!



## Activities

### Write your own psalm



You might like to write your own psalm about how you're feeling today! There are no rules for how to do this. You can make it as long or as short as you like, you could make it rhyme like a poem, or think of it as writing the words to a song. In fact, you could even come up with your own tune for your psalm! You could also draw something to show how you're feeling, rather than writing, if you would prefer.

If you do write a psalm, we would love it if you could share it with us! You can email your psalms to [rector@stwilfridsparish.com](mailto:rector@stwilfridsparish.com)

### Play dough board

Follow this link: <http://flamecreativekids.blogspot.com/2017/02/psalm-23-play-dough-mat.html> to print off this play dough board from Flame Creative Kids, and spend some time filling in the sheep and adding more sheep to the picture with play dough. You might like to think about the questions on the mat while you fill it in!



If you would like to make your own salt dough to use there is a recipe here: <https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe>

## Overflowing Cup

Verse 5 of Psalm 23 talks about God filling our cup to the brim, and in lots of translations it says that the cup overflows. God gives us so many good gifts, and this craft helps us to celebrate this and thank him for them.

**You will need:** A cup or glass, strips of paper, glue, scissors and things to decorate.



Decorate strips of paper with words, pictures or items that represent things that you would like to thank God for. This might include people, places, natural objects, possessions- whatever you like. Glue or sellotape one end of each paper strip to the inside of the cup and let the strip 'overflow' out of the cup. When you have finished, share your creations with one another and thank God for the things he has given each of you.

*Source: [flamecreativekids.blogspot.com](http://flamecreativekids.blogspot.com)*