

Week 2: Psalm of Trust

Day 1

1. Ask God to help you understand his words.
2. Read Psalm 23:1-3. King David wrote this Psalm. What does he call the Lord?
“My _____”
3. What does he say the Lord does for him?
 - 1) He makes me _____ in _____
 - 2) He _____ beside _____ waters
 - 3) He _____ my _____
 - 4) He _____ me in paths of _____ for _____

4. These are the kinds of things a shepherd does for sheep he takes care of. Read the list again. How do these things make you feel as you read them? Circle as many words below as you like.

peaceful hopeful confused sad happy
afraid angry excited loved forgotten

Day 2

1. Ask God to give you his peace.
2. Read Psalm 23:4. Fill in the blanks below.
Even though _____ through the _____ of the _____ of _____, _____ will _____.
3. What does this sentence make you think of? Draw a picture.
4. King David says that even though scary shadows, darkness and hard times may happen, he will not fear. Why will he not be afraid to keep walking when hard times happen? Fill in the blanks below:
For _____ are _____; _____ rod and _____ staff they _____.

5. God, his shepherd, is with him and this encourages him. Write down about a time you were afraid.

Day 3

1. Ask God to comfort you with his joy.
2. Read Psalm 23:4. Remember, David says in this Psalm that the Lord is a shepherd. He leads David, he restores David, and he comforts David. David is not afraid of evil because God is caring for him. What does David say that God does for him now in verse 5?

1) You _____ a _____ before me in the presence of my _____

2) You _____ my _____ with oil

3. What does David say happens because of these two things?

4. Draw a picture of a cup that is overflowing:

5. During his life, David had many enemies, fought many battles, hid in dark caves, and ran away from terrible troubles. This is his way of describing how God worked in his life. He is saying that God is his faithful shepherd who leads him through his fears, and who in the end, gives him great peace, blessing and victory. It is like David holds a cup, and God fills it with so much joy that it overflows! David's heart is like a cup that overflows with joy in the Lord because of how God works in his life, even when he has been in dark places.

What is joy like? _____

6. Write about a time when God, the shepherd, comforted or guided you.

Day 4

1. Ask God to show you his mercy and peace.
2. Read Psalm 23:5-6. Write this verse out below.

3. David knew that there may still be hard times in his life on earth. But because he knew God's goodness and mercy, he was sure that he would be with God forever. God shows us mercy and goodness through his Son, Jesus Christ. We are sinners, and we will have hard times on earth, too. But God shows us mercy and goodness by showing us how Jesus Christ died on the cross, and rose alive from the grave. If we believe this, we will dwell in God's house forever and ever! God will make our hearts like cups that overflow with his joy, even in hard times on earth!

Have you ever felt joy before? _____

What makes you feel joyful to think about? _____

How does thinking about Jesus bring joy even in hard times? _____