

PULSE MAIL PSALM 23

(Listen to someone read the bible passage while you close your eyes and listen.)

What is a Shepherd? And how do you become a good one?

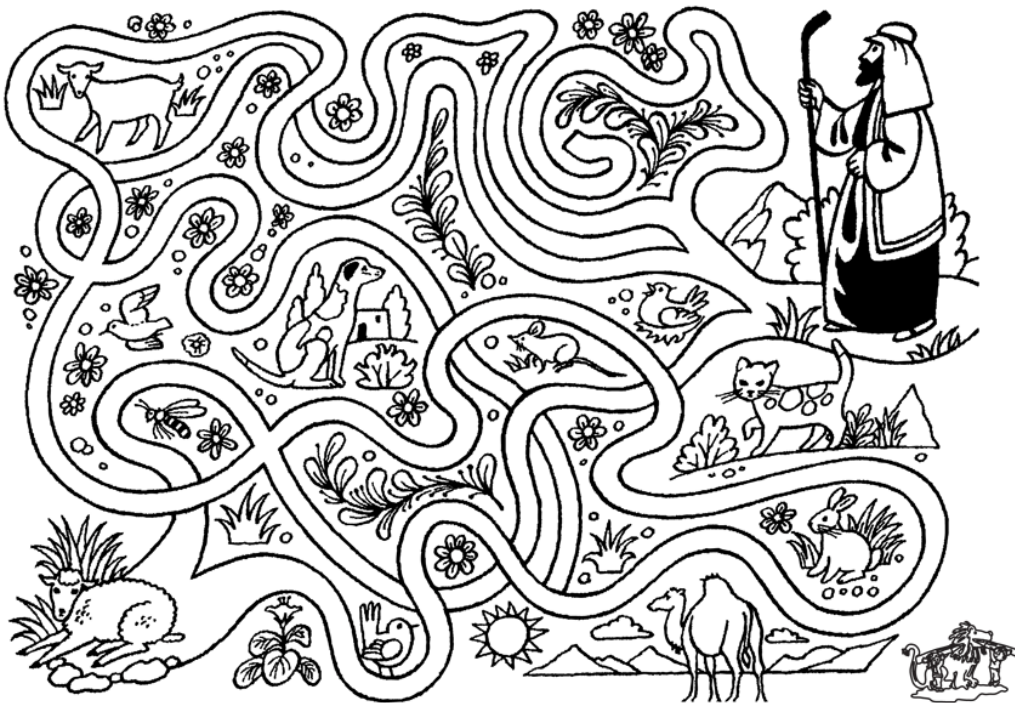
Kind David, in the Old Testament is the writer of this Psalm, but did you know before he was a Mighty King, David was a Shepard, so it was natural for him to think of God as a good shepherd. This Psalm helps us to understand how shepherds took care of sheep in ancient times.

Shepherds care for their sheep night and day. They lead them to grassy areas to graze and take them to clean, calm water to drink. In the hot summer, shepherds moved their flocks to cooler pastures on higher ground. For days on end, shepherds worked and slept outdoors. Sheep had complete trust in their shepherd and followed the shepherd's voice even when walking through dangerous places. Shepherds anointed their sheep with oil (especially on their heads) to protect them from flies, gnats, mosquitoes, and other insects. At night, shepherds guarded the sheepfold or sheltered the flock in a cave. If the howl of a hyena scared the sheep in the darkness, the shepherd's voice would calm them.

Each evening, shepherds count the sheep and checked their health. The shepherd would call, and the flock would follow him to the pasture. Shepherds used a heavy wooden rod as a weapon against wild animals that would harm the sheep. The rod was also used to discipline the sheep. The shepherd's staff was a long stick, often with a crook or hook on one end. Shepherds leaned on the staff when climbing and also used it to guide the sheep and to rescue them when they got stuck.

Shepard's care for their flocks just as God cares for us. When in your life Have you felt God looking after you? God is our Shepard that stays with us all the time and is a comforting presence. Know that you can always rely on God to always be with you, in good times and in times of trouble. As well, you too can be a good Shepard in looking out for those around you!

READING: Psalm 23



PRAYER:

Dear God, we thank you for being with us all the time and caring for us! Please continue to be our Shepard.

Amen.

The 23rd Psalm



The Lord is my shepherd, I shall not want. Psalm 23:1

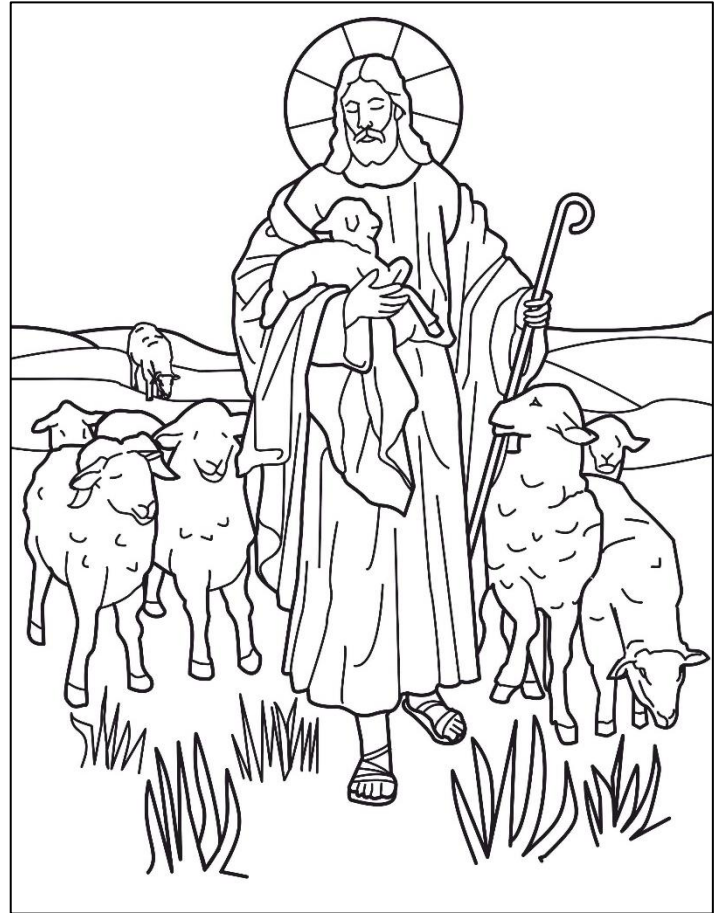
Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
Z	B	F	S	Q	Y	M	N	X	W	G	O	C	U	V	J	D	T	I	K	R	A	P	E	H	L

- 25-12-14-4-24 _____
- 7-24-21-13-6 _____
- 11-12-12-17-8-24-4-4 _____
- 4-25-24-23-25-24-21-17 _____
- 13-12-7-3-12-21-18 _____
- 26-12-21-17 _____
- 23-22-4-18-14-21-24 _____
- 3-12-21-24-15-24-21 _____
- 15-22-26-26-24-6 _____
- 10-22-18-24-21 _____

CHECK YOUR ANSWERS

Lord	pasture	valley	goodness	house
shepherd	water	comfort	mercy	forever



CRAFT: Shepherd's Staff Reminder

What you need:

- Scissors
- Paper
- Cardboard
- Glue
- Markers or pencils/pens

Instructions:

1. Draw the outline of a shepherd's staff onto cardboard. Cut out the shape
2. On paper draw and cut out 5 different shapes as shown in the example on the left.
3. Write the following phrases on the shapes with a marker or pen
 - a. "The Lord is my Shepherd"
 - b. "I shall not want,"
 - c. "He makes me lie down in green pastures,"
 - d. "He leads me beside still waters,"
 - e. "He restores my soul."
4. Glue the shapes to the staff



S	H	A	D	O	W	Y	L	S	T	L	O	R	D	Q
D	W	E	L	L	E	A	H	I	L	J	T	O	G	C
S	D	C	F	L	N	E	L	X	V	E	R	O	U	U
E	J	F	L	E	P	R	O	K	M	E	O	P	H	S
I	A	A	V	H	A	Z	E	A	B	D	F	O	T	E
M	V	N	E	P	S	R	N	S	N	P	M	N	E	R
E	R	R	O	R	R	J	U	E	T	Y	O	Z	D	U
N	D	F	E	I	T	E	S	N	C	O	C	I	A	T
E	P	T	I	E	N	S	S	R	N	E	R	H	E	S
I	A	G	S	R	P	T	E	E	O	E	F	E	L	A
W	J	U	I	B	O	M	E	U	N	Q	T	I	T	P
D	O	H	T	A	E	D	B	S	H	C	Q	H	L	H
H	L	I	E	L	B	A	T	U	T	O	E	J	K	K

LORD	NAME	ROD	RUNNETH
SHEPHERD	WALK	COMFORT	GOODNESS
LIE	VALLEY	TABLE	MERCY
PASTURES	SHADOW	PRESENCE	LIFE
LEADETH	DEATH	ENEMIES	DWELL
WATERS	FEAR	ANONTEST	HOUSE
RESTORETH	EVIL	CUP	

