



The Book of Psalms- Psalm 23

The Lord is My Shepherd

A 5-Day Family Reflection Plan
Discovering that God cares for us every day.

Psalm 23 is a beautiful reminder that God is with us, He cares for us and will never leave us.

MONDAY

The Shepherd Provides



Psalm 23:1

READ TOGETHER

"The Lord is my shepherd, I lack nothing."

Psalm 23:1

TALK ABOUT IT

- What does a shepherd do for sheep?
- Why do you think David called God his Shepherd?
- Can you remember a time God provided something your family needed?
- What are some things we need that money cannot buy?

LIVE IT

As a family, write down five things God has already provided for you this week and thank Him for each one.

PRAY TOGETHER

"Lord, thank You for taking care of our family. Help us trust You to provide everything we need. Amen."

TUESDAY

The Shepherd Gives Rest



Psalm 23:2-3

READ TOGETHER

"He makes me lie down in green pastures... He refreshes my soul."

Psalm 23:2-3

TALK ABOUT IT

- What helps you feel peaceful?
- Why is rest important?
- When do you find it hardest to trust God?
- How can our family spend quiet time with God this week?

LIVE IT

Spend five minutes together with no phones or television. Sit quietly, thank God, and listen to worship music or read the Bible.

PRAY TOGETHER

"Jesus, thank You for giving us peace and rest. Refresh our hearts and help us stay close to You."

WEDNESDAY

The Shepherd Guides



Psalm 23:3-4

READ TOGETHER

"He guides me along the right paths... Even though I walk through the darkest valley..."

Psalm 23:3-4

TALK ABOUT IT

- What difficult situations do people your age face?
- How does God guide us today?
- Have you ever been afraid? What helped you?
- How can we remind each other that God is always with us?

LIVE IT

Each family member shares one challenge they are facing. Pray for one another.

PRAY TOGETHER

"Lord, thank You for never leaving us. Help us follow Your way and trust You even when life is difficult."

THURSDAY

The Shepherd Protects



Psalm 23:5

READ TOGETHER

"You prepare a table before me... You anoint my head with oil; my cup overflows."

Psalm 23:5

TALK ABOUT IT

- What blessings has God given our family?
- How has God protected us?
- What does it mean to have an overflowing cup?
- How can we bless someone else this week?

LIVE IT

Choose one act of kindness as a family—encourage a neighbour, help someone, or share a meal or gift.

PRAY TOGETHER

"Father, thank You for Your protection and blessings. Help us share Your love with others."

FRIDAY

The Shepherd's Forever Promise



Psalm 23:6

READ TOGETHER

"Surely your goodness and love will follow me all the days of my life..."

Psalm 23:6

TALK ABOUT IT

- What does God's goodness look like?
- When have you experienced God's love?
- What does it mean to live with God forever?
- How can our family keep following Jesus every day?

LIVE IT

Each family member tells another person one reason they are thankful for them. End by reading the whole of Psalm 23 together.

PRAY TOGETHER

"Lord, thank You for Your goodness and love that never leave us. Help our family follow You every day. Amen."

WEEKEND FAMILY CELEBRATION

Read Psalm 23 aloud together.

Then ask:

- ✓ Which verse became your favourite this week?
- ✓ What did God teach our family?
- ✓ What is one thing we want to continue doing after this week?

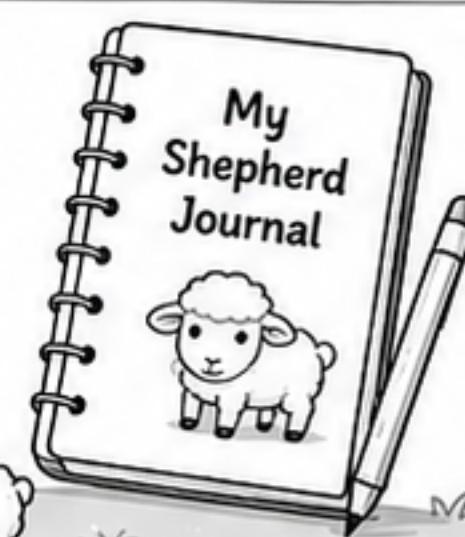
Finish by praying together and encouraging everyone to memorize Psalm 23:1 or, if possible, the entire psalm.



FAMILY CHALLENGE

Throughout the week, place a simple "Shepherd Journal" in your home. Each day, invite every family member to write or draw one way they saw God act like their Shepherd—providing, giving peace, guiding, protecting, or showing His goodness.

On Friday evening, read through the journal together and celebrate God's faithfulness! This helps children and adults connect the truths of Psalm 23 with everyday life.



"The Lord is my shepherd, I lack nothing."

PSALM 23:1