**LESSON 10: PSALM 23: MY CUP OVERFLOWS**

**Classroom: My One Room ClassroomLeader Guide for One Room**

05/31/2020

**Psalm 23:5-6; Ruth 2–4**

**Teachers Dig In**

**Dig In to the Bible**

* Read: Psalm 23:5-6; Ruth 2–4
* In This Passage: At the end of his song about how God is like our shepherd, David celebrates God’s blessings in his life, proclaiming that his cup overflows with blessings. Those blessings include God’s goodness and unfailing love pursuing him. For Ruth, God’s blessings include food and family.
* Bible Point: God blesses us.
* Summary Verse: “The Lord is my shepherd; I have all that I need” (Psalm 23:1).

**Dig Deeper**

* You’ll Be Teaching: *God blesses us.*You may have a variety of kids in your class, including those who feel more blessed and those who seem less blessed. That difference may be their perception of blessing as it relates to socioeconomic status. But the blessings David named were God’s goodness and unfailing love, and the hope of living in God’s house forever. Similarly, Ruth was a poor widow, but she was able to see God’s provision in her life. Help kids see blessings beyond money and possessions.
* Think About: What are your top 10 blessings from God?

**Dig In to Prayer**

* Boldly ask God to pour his blessing into your kids’ lives.

**Quick Tip**

* *You*are a way kids can experience God’s blessing! As you get to know their names, their stories, and their struggles, they’ll have a safe place to be known and heard. Never underestimate the power of your role in a child’s life!

**This Lesson at a Glance**

[**[](https://diginapp.group.com/User/Builder/Preview/1827743#opening)OPENING**](https://diginapp.group.com/User/Builder/Preview/1827743#opening)

**Kids share about a topic related to the lesson.**

**Supplies**

* Bible
* green plastic tablecloth from Week 7
* colorful streamers
* tape

**Easy Prep**

* Ensure that the green plastic tablecloth is still hanging on the wall.

[**[](https://diginapp.group.com/User/Builder/Preview/1827743#talk-about-video)TALK-ABOUT VIDEO**](https://diginapp.group.com/User/Builder/Preview/1827743#talk-about-video)

**Kids watch a video and discuss the Bible point.**

**Supplies**

* “Melda’s Story” teaching video (watch or download [here](https://vimeo.com/showcase/6359811/video/365090805))

[**[](https://diginapp.group.com/User/Builder/Preview/1827743#core-bible-discovery)CORE BIBLE DISCOVERY**](https://diginapp.group.com/User/Builder/Preview/1827743#core-bible-discovery)

**Kids fill cups with Ruth’s blessings and then their own blessings.**

**Supplies**

* Bible
* 16-ounce disposable cups (1 per child)
* “Ruth’s Blessings” handout (1 per child) (download [here](https://digin-resources.group.com/media/10867/q3_lesson-10_ruths-blessings_handout.pdf))
* tape
* paper
* pens

**Easy Prep**

* Cut apart the pictures on the “Ruth’s Blessings” handout. Scatter the pictures of grain around the floor. Hide the pictures of the groom. Set the cross pictures in a pile in a corner. Hold on to the remaining pictures to distribute in class.

[**[](https://diginapp.group.com/User/Builder/Preview/1827743#music-video)MUSIC VIDEO**](https://diginapp.group.com/User/Builder/Preview/1827743#music-video)

**Kids sing songs of praise to God.**

**Supplies**

* “God Will Guide Us” (watch or download [here](https://vimeo.com/showcase/6359811/video/365090417))
* “Shalom” (watch or download [here](https://vimeo.com/showcase/6359811/video/365090456))
* “Never Let Go of Me” (watch or download [here](https://vimeo.com/showcase/6359811/video/365090446))

[**[](https://diginapp.group.com/User/Builder/Preview/1827743#life-application-wrap-up)LIFE APPLICATION WRAP-UP**](https://diginapp.group.com/User/Builder/Preview/1827743#life-application-wrap-up)

**Kids thank God for the blessings they wrote in Core Bible Discovery.**

**Supplies**

* overflowing cups from Core Bible Discovery

*\*Marked supplies can be reused from Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.

**OPENING[5 min]**

**Welcome**

**Supplies**

* Bible
* green plastic tablecloth from Week 7
* colorful streamers
* tape

**Easy Prep**

* Ensure that the green plastic tablecloth is still hanging on the wall.

**Welcome**

* Thank kids for coming.
* Make announcements.
* Introduce new kids.
* Collect the offering.

**Introduce the Lesson**

            Say: **We’re learning a chapter of the Bible called Psalm 23. Psalm 23 is the most often quoted psalm! It’s about how God is our shepherd. And in today’s part of Psalm 23, we’re celebrating how God overflows our cups with blessings!**

* Give each child a streamer about 1 foot long, and have kids tape the streamers to the edge of the green tablecloth so it’s “overflowing.”
* This is the last week you’ll use the field, so you can take it down after class.

**Share**

* Tell kids what food or drink *you*would love to have overflowing amounts of.
* Have kids form pairs. Ask kids to share what food or drink *they*would love to have overflowing amounts of.
* After partners have shared, ask two or three kids to share with the whole group.

**Summarize**

            Open a Bible to Psalm 23, and say: **Mmm, it sounds like we’d have a delicious feast with those overflowing foods! But you know what? Our cups *do*overflow with blessings. Maybe it’s not pizza or cookies, but our cups overflow with blessings from God like his love and goodness. Let’s find out more from the Bible, God’s special book. Everything in the Bible is true, and it’s God’s message for you! Plus, we can talk with God anytime. Let’s do that now.**

            Pray, thanking God for blessing us.

**TALK-ABOUT VIDEO[10 min]**

**Melda’s Story**

**Supplies**

* “Melda’s Story” teaching video (watch or download [here](https://vimeo.com/showcase/6359811/video/365090805))

**Tip**

* Don’t have internet in your classroom? That’s okay! You can download the videos before class using the “download” button at the link provided, or just purchase this quarter’s DVD [here](https://www.group.com/product/1210000311276-dig-in-epic-teachings-of-the-bible-companion-dvd-q3.do?from=ac).

**Discuss and Watch “Melda’s Story”**

            Say: **God blesses us. In our Bible story, God blessed Ruth with a family and food.**

            Ask: **• What are you glad God has blessed you with?**

            Watch “Melda’s Story.”

            Ask: **• What blessings did you see in Melda’s life?**

**• When we say “God blesses us,” does that mean nothing bad will ever happen? Explain.**

            Say: **Melda lost her dad, kind of like Ruth lost her husband. But then God blessed them! God gave both Melda and Ruth new people to love and people to care for them. No matter what’s going on in our lives, God is ready to overflow our cups with blessings. God blesses us, so be sure to count his blessings!**

**CORE BIBLE DISCOVERY[20 min]**

**Psalm 23: My Cup Overflows (Psalm 23:5-6; Ruth 2–4)**

**Supplies**

* Bible
* 16-ounce disposable cups (1 per child)
* “Ruth’s Blessings” handout (1 per child) (download [here](https://digin-resources.group.com/media/10867/q3_lesson-10_ruths-blessings_handout.pdf))
* tape
* paper
* pens

**Easy Prep**

* Cut apart the pictures on the “Ruth’s Blessings” handout. Scatter the pictures of grain around the floor. Hide the pictures of the groom. Set the cross pictures in a pile in a corner. Hold on to the remaining pictures to distribute in class.

**Write on Cups**

            Say: **We’ve been learning Psalm 23, a chapter of the Bible that was written as a song about how God is like a shepherd. One thing shepherds do for sheep is provide for them. In fact, David, who wrote Psalm 23, talked about God’s provision this way.**

            Read Psalm 23:5.

            Say: **David said that his cup overflowed with blessings. Another way to say that is God blesses us. Let’s make cups that remind us of that.**

            Give each child a cup.

            Say: **Let’s find out about a woman in the Bible named Ruth whose cup overflowed with blessings.**

**Find Ruth’s Blessings**

            Say: **Ruth’s story started out with a full cup—she got married! But then her husband, her brother-in-law, and her father-in-law all died.**Have kids shake their cups upside down to show they’re empty.

            Say: **That’s not exactly an overflowing cup! But Ruth followed her mother-in-law, Naomi, to Judah. And God started giving her blessings!**

**First, Ruth and Naomi needed food. Ruth decided to go to a farm owned by a rich relative of her father-in-law. She was hoping to pick up any grain that the workers at the farm missed.**

            Have kids gather the grain pictures you scattered on the floor, each taking four pieces. Kids can crumple the grain and put it in their cups.

            Say: **Ruth didn’t get just a little bit of grain. Listen to this!**

            Read Ruth 2:8-9 and 15-18.

            Say: **Wow! God blesses us, and he sure blessed Ruth with food! Boaz also gave her water to drink while she worked.**

            Give each child a picture of water from the handout. Kids can crumple the pictures and add them to their cups.

            Say: **Our cups are filling up! Let’s see what else God did to bless Ruth.**

            Read Ruth 4:9-10. Give each child a picture of Ruth in a wedding dress.

            Say: **Ruth got married! God filled her cup with the blessing of a new husband. Let’s find Boaz and add him to Ruth’s cup of blessings.**

            Have kids find the groom pictures around the room and tape them to their bride pictures. Then they can crumple the pictures and place them in their cups.

            Ask: **• Tell about any wedding you’ve been to.**Share your own example first. Maybe it was your own!

            Say: **And that’s not all God did! God blesses us, and he filled Ruth’s cup with plenty of food, a wealthy husband, and more! Ruth had a baby!**

            Give kids each a baby picture to put in their cups.

            Say: **And here’s something really cool about that baby, Obed. When Obed grew up, he got married and he and his wife had a son named Jesse. Jesse grew up and had a son named David. Remember David, the guy who wrote Psalm 23? He was Ruth’s great-grandson, and he became a *king*! And not only that; David was one of *Jesus’* great-great-great-great grandparents!**

            Have kids each get a cross from the pile to put in their cups.

**Add More Blessings**

            Say: **Wow! We’ve seen how God blessed Ruth with food and family. God blesses us, too! And it looks like there’s still room before our cups are overflowing. So let’s thank God for how he’s blessed *us* today!**

            Set out paper and pens, and have kids tear pieces that are a few inches wide so they can write blessings and crumple them to add to their cups. As kids write, they can share what they’re writing. As younger kids share, older kids can write for them. Have kids keep writing until they can’t fit any more papers into their cups without them spilling out.

            Say: **Our cups overflow with God’s blessings! God blesses us with so much! Food, family, and money are some of the things God might bless us with. But Psalm 23 lists a few more blessings.**

            Read Psalm 23:6. Have kids write “goodness,” “unfailing love,” and “the house of the Lord” on papers and add them to the overflowing cups. Again, older kids can write for younger kids.

            Keep the overflowing cups for Life Application Wrap-Up.

**MUSIC VIDEO[10 min]**

**God Will Guide Us**

**Supplies**

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**Sing Songs to God**

            Sing the three songs in any order.

**LIFE APPLICATION WRAP-UP[5 min]**

**Overflowing Thanks**

**Supplies**

* overflowing cups from Core Bible Discovery

**Walk Through the Valley**

* Have kids form trios with at least one reader and sit together with their cups of blessings from Core Bible Discovery.
* Have kids take turns pulling papers out of their cups and thanking God for each blessing written on the papers. Older kids can read for younger kids as needed.
* Pray: **God, thank you that you bless us. Thank you that whether we have a lot or we have a little right now, we *always* have your love, your goodness, and so much else from you! In Jesus’ name, amen.**
* Thank kids for coming, and encourage them to come back next week ready to tell you some of the blessings they noticed this week.

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