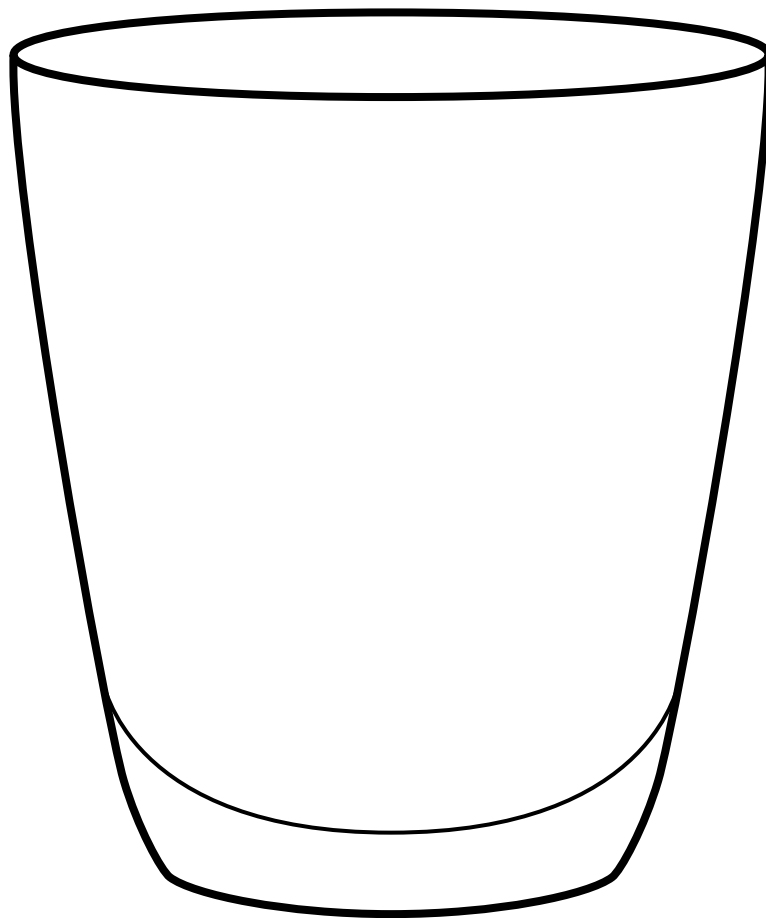


Overflowing

Psalm 23 talks about how God cares for us like a shepherd cares for his sheep, through quiet and calm times and also through upsetting and difficult times.

When the writer of the psalm wants to express how good God has been, he uses this phrase:

“My cup overflows” (verse 5).



Think about what you are thankful for in your life and imagine each of these being a layer of drink in a cup.

Draw, write, colour or doodle them in the cup above, until the cup overflows.

Say thank you to God for all the good things in your life.

As all those good things spill out of your cup, perhaps you could help fill someone else's cup by sharing.

What good things in your life could you share with someone else?

Draw, doodle and write these things around your cup.

SARA AND SAM HARGREAVES

lead engageworship.org, resourcing and training for creative and world-changing worship.