

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

- Bible
- 16-ounce disposable cups (1 per child)
- permanent markers (1 per child)
- "Ruth's Blessings" handout (1 per child) (download [here](#))
- 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 and a permanent marker. Have kids write "My cup overflows with blessings" on their cups.

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 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. 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.

Keep the overflowing cups for Life Application Wrap-Up.

Ruth's Blessings

