



Impact Kids Fall 2025 Older Kids Leader Guide

October 15, 2025

Psalm 23- God is my shepherd, I have all I need, and He helps me feel safe.

Psalm 23:1

Bible- Oct. 15- *Psalm 23:5-6 & Ruth 2-4-* God blesses us.



At a Glance



The Code

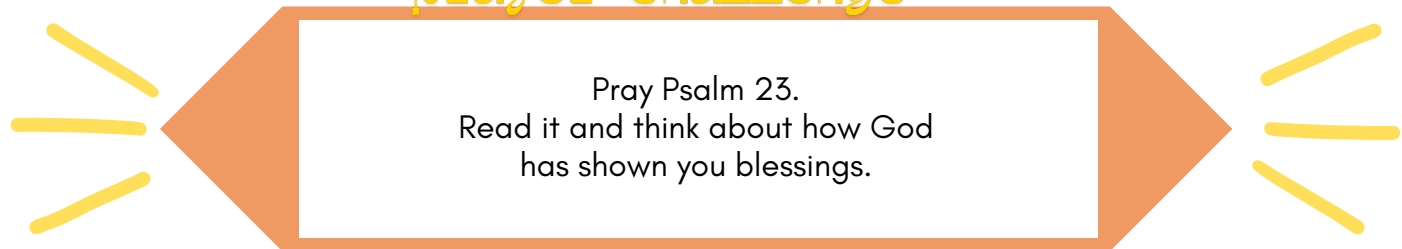


Gospel Page



**Psalm 23
Leader Devo**

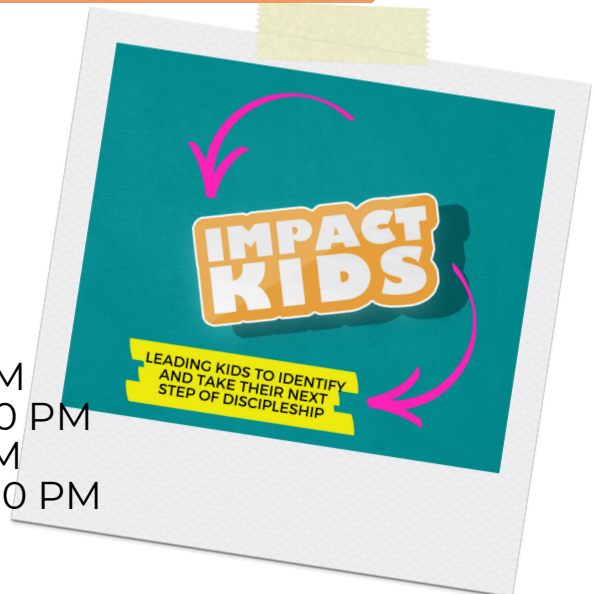
prayer challenge



Pray Psalm 23.
Read it and think about how God
has shown you blessings.

Wednesday Group Schedule

- Leaders Arrive: 6:15 PM
- Family Dinner: 6:30 PM – 6:50 PM
- K-3rd Outside Play: 6:50 PM- 7:20 PM
- 4th & 5th Small Group: 6:50 PM- 7:30 PM
- K-3rd Small Group: 7:25 PM- 8:00 PM
- 4th & 5th Outside Play: 7:30 PM- 8:00 PM
- Dismiss: 8:00 PM- 8:05 PM



Low Energy Game:

Supplies:

- 8-ounce cups (1 per child)
- 4 different colors of paper (2 same-colored sheets per child)
- "Game of Life" handout (1 for every 4 kids)
- dice (1 for every 4 kids)
- upbeat music (optional)
- music player (optional)

Overflow Cups as You Play a Board Game

- Form groups of four kids.
- Give each group eight sheets of paper, two of each color. Have each child select a color and then tear enough pieces of paper to make 25 small paper wads and a small playing piece.
- Give each group a "Game of Life" handout and one of the dice, and give each child a cup.
- Kids will place playing pieces on the "Start Here" square. Then have the child whose birthday is closest to today start the game by rolling the dice. He or she will move the playing piece that many spaces and collect the number of paper wads shown on that square.
- Have kids take turns moving their playing pieces around the game board and collecting paper wads until their cups overflow. Kids may pass Start and continue around again if needed.
- The first player with an overflowing cup wins!
- If you'd like, play music as kids play.

Talk About It

Ask: • How was collecting paper wads in our game like receiving blessings in our lives?

• What about the people whose cups didn't overflow? Were they not blessed? Why or why not?

Say: It's easy to compare our blessings and wonder why we don't have what others have. But when we do that, we're ignoring our own blessings. You all had cups full of blessings, even if you didn't overflow your cup. God blesses us. We all have blessings to be thankful for.

Talk About Video:

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?

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!

Deeper Bible:

Supplies

- Bibles
- 5 clear 8-ounce cups
- permanent marker
- wad of cash (you’ll get it back!)
- smiley face stickers
- heart stickers
- small action figures
- apple slices (1 apple’s worth)
- bowl
- Allergy Alert Poster- Apples

Easy Prep

On the bottom of each cup, write one of the following: God’s goodness and love (Psalm 23:6); God’s presence (Isaiah 43:2); hope for the future (Jeremiah 29:11); hope of heaven (Revelation 21:4); strength from God (Philippians 4:12- 13).

Fill each cup to overflowing as follows:

- God’s goodness and love: heart stickers, cut apart but still on their backings
- God’s presence: action figures
- Hope for the future: smiley face stickers, cut apart but still on their backings
- Hope of heaven: apple slices
- Strength from God: a wad of cash

Tip

Is it too hard to gather all the supplies for inside the cups? You can substitute any of them with a bunch of papers that say the word the item represents. Then just make sure kids get to read the words so they know what’s in each cup.

Set It Up

Say: We’ve been learning that God blesses us. David celebrated God’s blessings in Psalm 23, writing that his cup overflowed with them! But sometimes people don’t feel so blessed. They might be sick or going through a hard time.

So...is everyone blessed? What about people who are suffering? Let’s dig in to that.

Ask: • What are some things people usually consider blessings?

Say: You named some good blessings! For example (hold up the cup of money), when our cups overflow with money, we feel blessed! *Hold up the smiley face sticker cup. Or when life is really happy, we feel blessed!*

Deeper Bible: cont

- Hold up the action figure cup. When we're overflowing with friends, we feel blessed.
- Hold up the heart stickers cup. When we have loving families at home, that's a blessing.
- Hold up the apple slices cup. Good health can be a big blessing, too! And as you may know, an apple a day keeps the doctor away.

Dig Deeper

Ask: • What are some life situations that don't feel like blessings? *Share your own story about a time that didn't feel like a blessing. Then let kids share ideas or examples.*

Say: We have a whole set of overflowing cups here. But sometimes things in life happen that feel like...well, like our cups are empty.

Some people don't have very much money. They struggle just to buy food and pay rent. Have a child flip the cup of money over so the money falls out.

Pick up the money and put it away so no one takes it. Then the child can read the words on the bottom of the cup.

Read Philippians 4:12-13.

Say: The guy who wrote this, Paul, experienced times he was rich and powerful. But he'd also faced times he was hungry and in prison. And you know what? It didn't matter! Either way, Paul knew he was blessed with God's strength.

Ask: • Give an example of a time you'd need the blessing of God's strength.

Say: Sometimes life feels happy, but other times people feel like they don't have anything to be happy about.

Have a child flip the cup of smiley face stickers over so the cup is empty.

Then the child can read the words on the bottom of the cup.

Read Jeremiah 29:11.

Say: These words were originally written to God's people when they were about to go through years of hard, sad times. They were stuck in a land far from home where they'd been taken as captives. But they were still blessed!

That's because God promised hope for the future.

Ask: • What are things that give you hope even when life is sad?

As kids share, put the smiley face stickers back inside the cup.

Say: Some people have an overflowing amount of love from their families. But other people have really difficult family lives. Family doesn't feel much like a blessing to them. They may not feel like there's any love in their family's cup.

Have a child flip the cup of heart stickers over to empty the cup. Then the child can read the words on the bottom of the cup.

Read Psalm 23:6.

Say: Even when we don't have love from our families, we always have God's unfailing love. That's a blessing! Your cup is never empty of love.

Have a couple of kids help you put the heart stickers back in the cup.

Ask: • How do you feel knowing God loves you?

Say: Sometimes our cups overflow with friendship. But other times?

Well, we can get pretty lonely. We might feel like we don't have any friends in our cups.

Have a child flip over the cup of action figures to empty it of "friends." Then the child can read the words on the bottom of the cup.

Read Isaiah 43:2.

Ask: • Say one word that describes how it makes you feel to know God is always with you.

As kids share their words, add the action figures back into the cup.

Say: Even when we don't have any friends, God blesses us with his friendship by always sticking with us. That's an awesome blessing!

And you know, it's great to have an overflowing cup of good health. But there are people who are really, really sick. They may even be dying. Let's see what their blessing can be even when their cup of health is empty.

Have a child flip over the cup of apple slices to dump them out into a bowl. If you have enough, let each child take a slice. Then the first child can read the words on the bottom of the cup.

Read Revelation 21:4.

Ask: • What do you think it will be like when we don't have any pain or sadness?

Say: Sometimes God heals people from sickness on earth, and that's a blessing. But sometimes God heals us in heaven instead! Either way, we can have hope of a life one day with no pain or sadness.

Ask: • What turned out to be a good thing about dumping out our cups of blessings?

Say: We started with cups that were overflowing with things most people consider blessings. But God blesses us whether we have those things or not. In fact, when we emptied the cups we could see that there were even greater blessings on the bottom of the cups!

So when our cups are empty, we can look at the bottoms of the cups and see what blessings God has for us. And when our cups overflow, God can use us to be a part of blessing others!

Pick up the stickers and action figures to return to your supply closet.

Life Application:

Walk Through the Valley

- Have kids form trios and sit together with their cups of blessings
- Have kids take turns pulling papers out of their cups and thanking God for each blessing written on the papers.

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.

Activity Page with a Point:

Older Kids: Color a Coloring Page

Supplies Needed: Coloring Page, pencils, crayons

SAY: Psalm 23 talks about how God is a shepherd. It says God blesses us.

It's like he's filling our cups until they overflow! In the Bible, Ruth lost her husband and all she had. But God blessed her with food and family!

Let's see if you can find blessings in this puzzle.

Distribute the activity pages and pencils. Kids will find as many happy words as they can—no list provided!

Ask: • How did you find the blessings even though you didn't have a list?

• What can help you see God's blessings in your life?

Say: God blesses us, so let's look for his blessings all around us! You might be surprised by the blessings you notice when you stop to look!

ANSWER KEY:

