

# MEADOWS & STREAMS

March 22, 2020 | Fourth Sunday of Lent

## Introduction:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## Scripture:

Today, in the Responsorial Psalm, people all over the world will read or hear one of the most famous Bible verses ever. Known simply as “Psalm 23”, most people recognize it as soon as they hear the first verse:

*The Lord is my shepherd;  
I shall not want.  
He lets me rest in green meadows;  
He leads me beside peaceful streams.  
He renews my strength.  
He guides me along right paths,  
bringing honor to his name.  
Even when I walk  
through the darkest valley,  
I will not be afraid,  
for you are close beside me.*  
Psalm 23:1-3

Pause for a little bit. How do these words make you feel? Read them again if it helps.

## Reflection:

Although things may be difficult at times, God is always at work. He is with us, leading us, bringing us to somewhere peaceful. He wants us to trust him. He wants us to feel at peace.

Is there something bringing you peace today? It could be a place (like the meadow in *Psalm 23*) or a thing (like the stream). Whatever it is, know that it is a special gift from the Shepherd. He wants you to trust him and feel that peace.

## Activity:

(See the next page.)



**Activity:**

Time for a little fun! Print this page and cut out the tiny squares below. You can even print out more pages if you need to.

Each person in your family gets at least one square to draw a little picture of something that has brought them peace lately. Once you finish your picture, fold the paper and put all of them in a bowl. Then, take turns picking a square out of the bowl, one at a time. Open it up, guess who drew that picture, and then guess why they drew it! Good luck!



**Example:**

*Dad: "I've been able to watch some of my favorite movies lately!"*

