

Cooking with Psalm 23 Script and supply list:

Psalm 23 begins: the lord is my shepherd, I have everything I need, so let's check that we have everything we need for this special treat.

First you will need very clean hands, so please wash them properly. You will need a few marshmallows, some jelly beans cut up to make the face and feet of our little lamb. I like black, but you can use pink or any color really. Some shredded coconut. You can also use nonpareils or even plain sugar. You will need an egg carton like this one, some lollipop sticks and about 1.3 cup of white chocolate chips melted into a mug like this one. Heat them in the microwave for 30 seconds on high. Stir and then heat for another 30 second and then they should be nice and melty.

If the lord is my shepherd, then I am his little lamb! This marshmallow looks like a little lamb, but we're going to make it look even more like a lamb.

Verse 2 says "He makes me lie down in green pastures, he leads me beside still waters, he renews my soul" so we are going to make this lamb lay down for a moment in this spoon. Just enough to coat the bottom with chocolate there, he's lying down.

The next verse says " He leads me in the path of righteousness for the sake of his honour" We want our sheep to walk on the right path so let's give his four nice feet made of these cut up jelly beans.

Verse 4 says "even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and you staff comfort me" This stick will represent the shepherd's staff and now the sheep will go down into the dark valley. Don't be scared!

We have to make sure the melted chocolate covers the whole marshmallow.

Verse 5 says, you set a table before me in plain sight of my enemies. Let's pour out a good amount of coconut on the table here. This verse talks about the abundance of God's love, so don't be stingy with the coconut!

Now, we will press the lamb into the coconut to get it to stick. Non-perilles or white sprinkles are good too!

Next it says, "you anoint my head with oil, my cup overflows" Anointing someone's head with oil can mean two things. It's a way to show honour to that person and it's also a way of healing the person. Like applying medicine to their head. So we are going to put our little lambs head in place here. Don't forget ears. The next verse says

"surely goodness and love will follow me all the days of my life. " What always follows a lamb? A tail of course. The last verse says I will live in the house of the lord forever. You little lamb will need to sit in the little egg carton house until the chocolate has set up BUT luckily not forever. Just as long as you can resist eating it!

Complete supply list:

Paper towels

Spoons

Mugs for melted chocolate: 1 for every 2 kids

Plates or dishes to lay out the coconut on

Egg cartons or something to allow the lollipops to stand and dry

Lollipop sticks

Marshmallows

Jellybeans (pink jellybelly work the best) - pre-cut for younger kids

While melting chocolate

Coconut flakes OR nonpareils or sprinkles

