



God Is My Rock

(based on Psalm 62:1-2, 5-7)

I am David, king of Israel.

I wasn't always the king. As a young shepherd boy, I took my father's flock of sheep from low in the valley up the mountainsides by our home. I spent a lot of time out in the fields. I liked roaming with the sheep, laying in the cool grass on a hot day, and watching the stars on a clear night. Those were wonderful days!

Sometimes I would get scared. Howling animals threatened my sheep or me. I'd look for stones to sling at wolves and bears. During storms, the thunder cracked so loud my ears would ring. Sometimes it was worse! There were times of absolute silence in the hills. I knew I was alone in the dark of night.

To calm myself, I would pray, making up songs to God. I would sing softly to myself, then louder and louder until I was sure God had scared the wolves away or shouted down the thunder. God was with me. This was one of my songs:

In the silence, I am waiting for God.

For God will save me.

God is my rock. God is my help. God is my fortress.

I shall never be shaken!

Even now, as a king, I still sing these songs. When I am afraid or troubled, they give me comfort and hope. God is my rock. God is everywhere. God is always with us. God is unmovable and unshakeable. So, I pray these words again and again.

In the silence, I am waiting for God.

For God will save me.

God is my rock. God is my help. God is my fortress.

I shall never be shaken!

God will deliver me from fears and troubles.

God is my mighty rock!

I am most safe when I am with God.



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Use one or more activities from each section to explore grace and gratitude with your children this week.

Recognizing God's Grace

- Read and enjoy the story with your children—imagine and wonder.
- Find rocks. Take turns choosing a rock and remembering a time that God was with you in a time of trouble. Place the rock in a clear container. Use the rocks as a reminder of God's presence with you always.
- Turn off all distractions and sit in silence. Listen for sounds that are around you, the breathing of your family members, the sounds of nature or neighborhood. Know that you are not alone. God may be found in one another, in your community, and within yourself.



Responding to God's Grace

- Make a blanket fort in your home. Sit inside and talk about times you are afraid. How does a fort make you feel safe? How is God like a fort for you?
- Stand at arm's length from another person. Shake one another. Notice that when you stand alone, you can be shaken. Then come together and embrace. Notice that it is harder to be shaken. You are stronger together. Now imagine God is surrounding you, holding you tight. You cannot be shaken.
- Make a stepping stone to place in your home or yard to remind you that God is your rock, a place of safety. See "How to Make Decorative Stepping Stones" bit.ly/MakeSteppingStone for directions to make your stepping stone.

Celebrating in Gratitude

- Make rock candy. See bit.ly/KoolaidRockCandy for a recipe. As you enjoy the rock candy, remember the sweetness of God's presence with you.
- Find a small rock. Wrap it with wire and attach it to a leather cord or ribbon. Wear this rock necklace as a reminder that God is your rock.
- Pray this prayer each day this week:

Dear God, thank you for being my rock and fortress, a constant presence in times of trouble. Amen.

Note: bit.ly web addresses are case sensitive.