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.
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 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.