

LESSON ONE: ROCK

MAIN POINT:

We can count on Jesus, the Rock.

BIBLE VERSE: He alone is my rock and my salvation; my fortress, I shall not be shaken. Psalms 62:6

BIBLE STORY: The Wise Man and the Foolish Man, Matthew 7:24-27

THIS LESSON CONTAINS:

Listening:

The Pitchy Twins
Guess That Sound
Sound It Out
The Blue Kid Group

Investigating:

Key Bible Story
Sound Test Lab
Group Production

Testing:

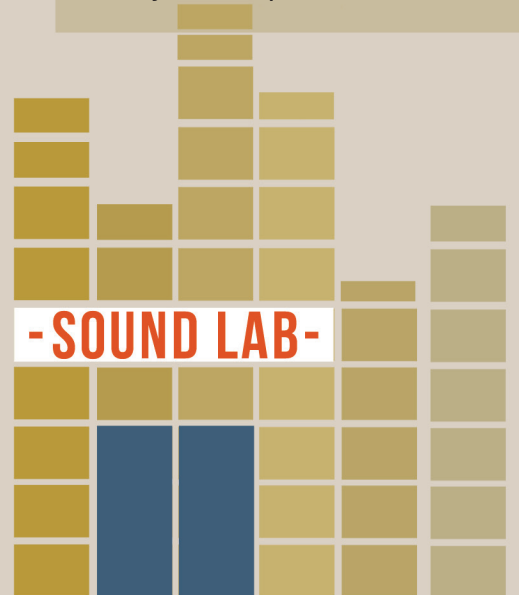
The Sound Laboratory
Craft
Games
Sound Off
Snack
Bible Memory Activity
Trading Cards
Family Lab Report

SOMETHING TO THINK ABOUT BEFORE TEACHING:

In Scripture, a rock is a symbol of refuge, permanence and strength. Many times in the Old Testament God is depicted as a rock. The name "Rock" appears in the New Testament when Jesus is called the Rock in 1 Corinthians 10:14 and referred to as such in the story of the Wise Man and the Foolish Man.

Jesus taught that confidence comes in building our lives on the foundation of Him and His teachings. That as the Rock, He represents dependability, faithfulness and trustworthiness. Because of this, we can count on Him.

Kids will learn the importance of relying on the Rock and on being able to always count on Him.



LISTENING

THE PITCHY TWINS PP

Supplies: Costumes, balloons, pots and pans with lids

Preparation: Place the pots and pans and balloons on a table.

Hi is in the lab blowing up balloons. He is experimenting with allowing different amounts of air to escape from the balloons creating loud, obnoxious noises.

Lo enters the lab, sees Hi and raises and drops his arms in frustration.

Lo: **Hi**

Hi: **Oh, hi.**

Lo: **No, I don't mean hello, I mean Hi as in your name is Hi and I want your attention.**

Hi: **Oh, ok. How are you Lo?**

Lo: **Not. Good.**

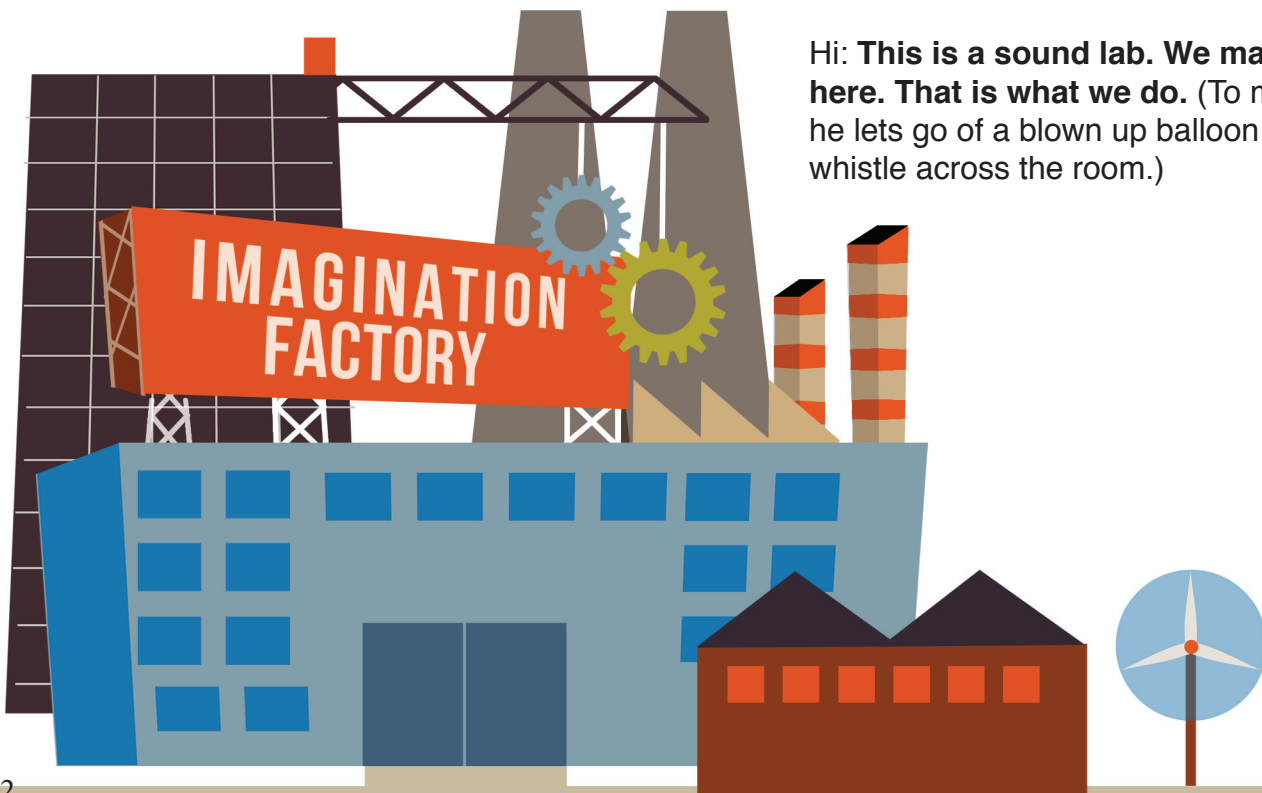
Hi: **That's too bad.** (Goes back to making noises.)

Lo: **Aren't you interested in why I'm not good?**

Hi: (Shrugs shoulders.) **I thought you'd tell me if you wanted.**

Lo: **Well. The reason that I am not good is because of all this loud, obnoxious noise.**

Hi: **This is a sound lab. We make noise here. That is what we do.** (To make his point he lets go of a blown up balloon watching it whistle across the room.)



Lo: I do not want to be known as the obnoxious noise makers. We should be making soft, soothing, calm sounds. Let's be counted on to create an environment that produces peaceful sounds.

Hi: You are kidding, right?

Lo: No. I am not kidding.

Hi: Look, if you want to be known as the soothing noise maker go right ahead. For me, well the louder the noise the better. People can count on me to produce LOUD noise. (Breaks into a dance with lots of "noise.")

Lo: (Puts his head in his hands.) I... I... I...

Hi: And you can count on me to make the loudest noises in the history of sound labs. (Pretends to play air guitar while making guitar sounds with the mouth. Then grabs a pan and plays drums on it ending with a loud "cymbal" using two pan lids.)

Lo: (Has hands over his head.) Yes, I can certainly count on you for loud, annoying, obnoxious noise.

Hi: (Smiles.) It may be noise to you, but it is music to my soul. (Continues playing air guitar as Lo leaves in frustration.)

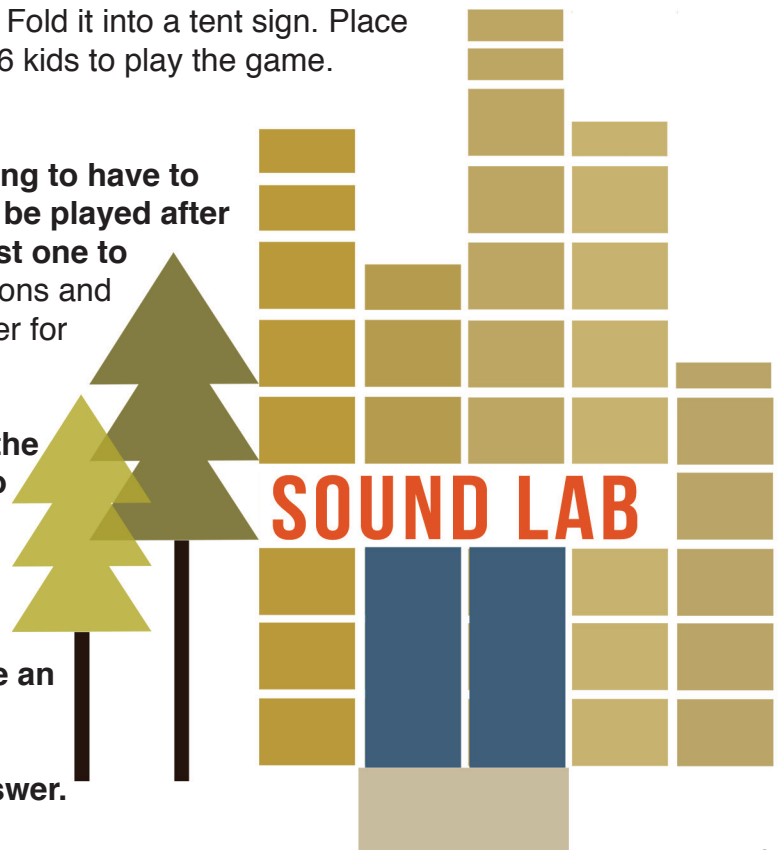
GUESS THE SOUND **PP**

Supplies: Rock, plastic cup, Powerpoint, optional "Rock" sign

Preparation: If doing the display, print Rock sign. Fold it into a tent sign. Place the plastic cup on a stand or small table. Choose 6 kids to play the game. Divide them into two teams.

It is time to play Guess the Sound. You are going to have to be very quiet and listen carefully. A sound will be played after which our two contestants will try to be the first one to guess the sound. (Divide the room into two sections and assign a team to each section. Have the kids cheer for their teams.)

I will have each team line up on either side of the cup. Each team will need to decide who will go first, second and third. The team members going first will stand beside the cup. When they hear the sound, the first one to grab the cup will have a chance to guess the sound. If he/she is incorrect, the other player will have an opportunity to guess. If both are incorrect, they may then confer with their team and the audience and come up with one additional answer.



After the first sound is guessed, then the second and then third players will play.

PP Sound #1: Popcorn Popping

PP Sound #2: Cat

PP Sound #3: Rock Falling

One of the names for Jesus is Rock. When we think about a rock (show the rock.) What comes to mind? (Give the kids an opportunity to share.)

In the Bible, the rock is a symbol not only of strength but also of dependability and trustworthiness. If someone is called a rock, that means they can be counted on. They will not let you down. They will be there in good times and in bad times. And they will not be shaken.

Jesus, the Rock, can always be counted on. He is dependable. He is reliable. He is trustworthy.

Options:

Display: Place the rock in the display area with the rock sign.

No Power Point: If you do not have access to power point, either play the sounds on a computer hooked into a sound system, purchase a cd of sound effects to use or make the sounds "live."

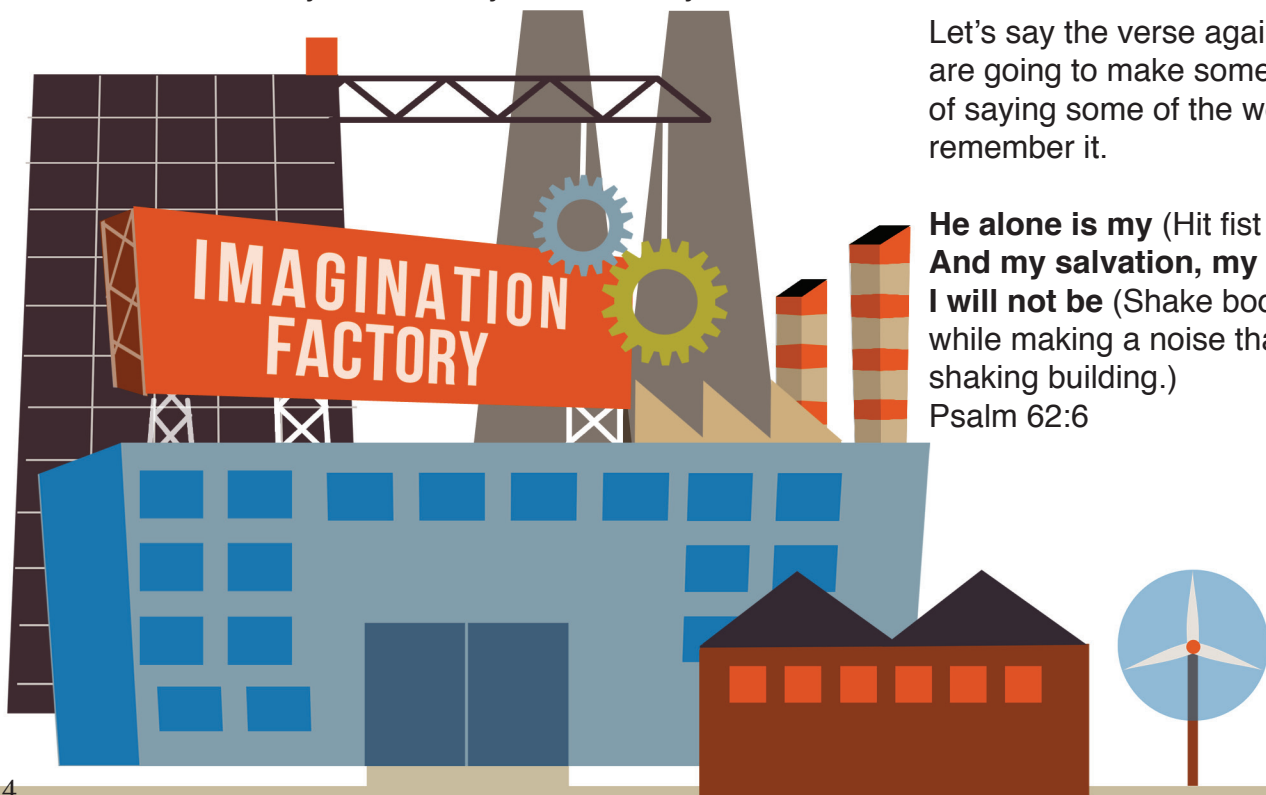
SOUND IT OUT **PP**

Read Psalm 62:6 together:

PP He alone is my rock and my salvation; my fortress, I shall not be shaken. Psalms 62:6

Let's say the verse again but this time we are going to make some sounds instead of saying some of the words to help us remember it.

He alone is my (Hit fist in open hand.)
And my salvation, my fortress.
I will not be (Shake body back and forth while making a noise that sounds like a shaking building.)
Psalm 62:6



THE BLUE KID GROUP

Supplies: shoeboxes, small pebbles

Have the kids throw pebbles into the shoeboxes, shake the shoeboxes with the pebbles in them or slide the boxes back and forth. Allow the team to make up a percussion “routine” using the two supplies. Remember that this does not have to make “sense.”

INVESTIGATING KEY BIBLE STORY

The Wise Man and the Foolish Man
Matthew 7:24-27

Supplies: Optional: Rock, sand

Preparation: Place the rock and sand in a location where you can have the kids touch and feel the difference between the two.

Has anyone ever built a house before? Not actually physically built it but maybe your family paid someone to build a home. An important part of building a home is choosing the right place to build it.

When a home is not on a solid foundation, it can collapse. Let’s look at some pictures of houses that might not have been

built on the right foundation. 

Jesus told a story about building houses. In this story He talks about two different kinds of people and the places they choose to build their homes.

When I read this story from the Bible, I need you to make sound effects to go with the story. So let’s practice the sound effects now:

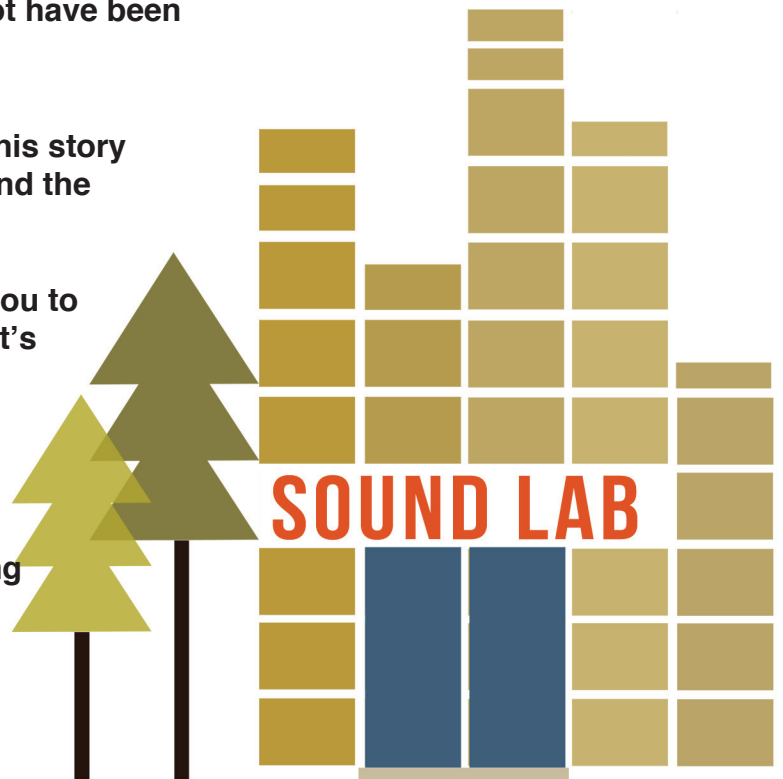
When I say:

Hears: Say, “I’m listening.”

Build: Act like you are hammering nails saying “Pound, pound, pound.”

Rock: Pound your fist into your hand.

Rain: Say, “Drop, drop, drop.”



Winds: Purse lips and blow through them.

Beat: Clap hands together.

Sand: Rub hands together.

Fell: Say “CRASH!”

This story is in Matthew 6.

“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.”

Two men and two different foundations. The first foundation was rock. Remember that rock means something or someone that is trustworthy and reliable. It is stable. The other foundation was sand. Is sand stable? Not at all. Think about going for a walk on a beach. It sinks with every step you take. It also blows away with a big wind. It washes away with waves of water. (If using the rock and sand, have the kids feel it and comment on the difference they see.)

Jesus was saying in his story that we should build on the rock. That means on Him and His teachings. That when we build our lives on Him, our lives will be stable. However, if we build on sand, in other words something that is not Jesus, then we will be like the foolish man. When hard times come, our foundation will not be stable.

Our Bible verse today says, “He alone is my rock and my salvation, my fortress. I will not be shaken.” Psalm 62:6 **PP**

Jesus, the Rock, can always be counted on. He is trustworthy. He is reliable. He is dependable. Is He your rock? Do you depend on Him? Are you building your life on Jesus’ teachings? If not, you can make the choice to do so.

PRAYER **PP**

Thank Jesus for being a rock in the lives of the kids. Ask Him to help them trust Him and depend on Him.



SOUND TEST LAB: SOUND THROUGH AIR **PP**

Supplies: candle, lighter or matches, empty 1-gallon milk jug, large wooden spoon (or any heavy spoon)

Place the candle on a table and light it.

If I wanted to make this candle go out, how might I make that happen? If I yelled at the candle, would that work? What if you yelled at the candle? Let's try that. On the count of three everyone yell at the candle. One. Two. Three. (Pause for a moment.)

Do you think a sound could actually make the candle blow out? Let's try another sound.

Stand about a foot from the flame holding the milk jug with the mouth at the flame. Hit the bottom of the jug hard with the spoon. The flame should go out.

How did that happen? Actually hitting the bottom of the jug created a rush of air out of the top of the jug. This blew the candle out. Could you see the air that came out?

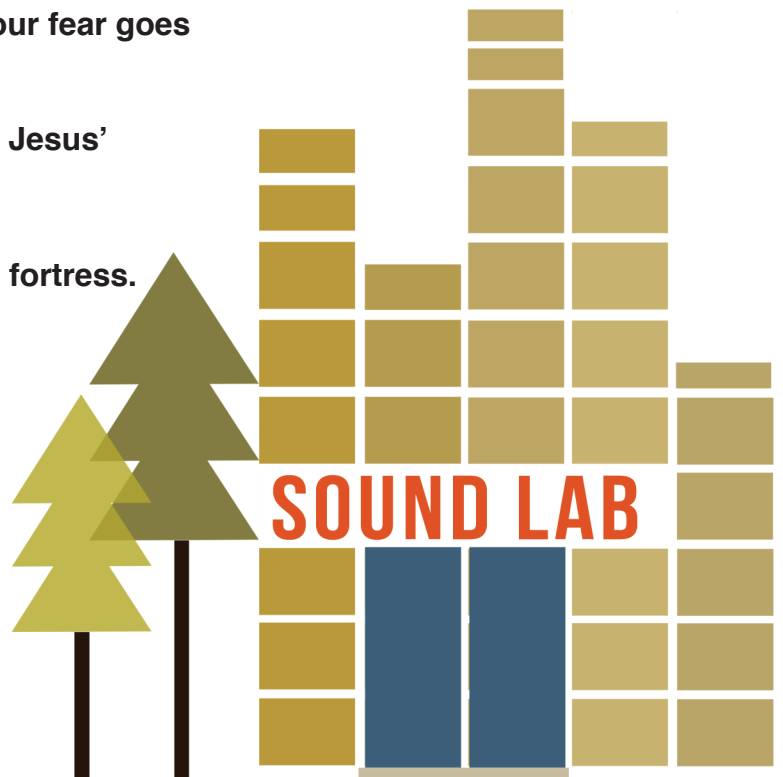
When we rely on Jesus as the Rock, we are depending on someone we do not see. We have to have faith that He is trustworthy. Faith means believing in something we cannot see.

Even though you did not see the air how did you know it was there? You saw the evidence of it being there. You saw the candle go out.

We can see the evidence that Jesus can be counted on in our own lives. For instance, we might be scared at night. We can learn a Bible verse such as "When I am afraid, I will trust in you." We might repeat it every night believing that Jesus will help us with our fear. When we do this, we are depending on Him. We are counting on Him to be the Rock when we are scared. And over time we will find that our fear goes away when we count on Him.

Let's say our Bible verse again to remind us of Jesus' name.

PP He alone is my rock and my salvation, my fortress.
I shall not be shaken. Psalm 62:6



GROUP PRODUCTION: MAKING RAIN PP

Supplies: None

Let's work together to make a sound effect. Let's make it sound like rain. To do this we all have to work in unison.

Follow the steps below:

1. Snap fingers slowly. This should sound like raindrops beginning to fall from the sky.
 2. Gradually increase the snapping. This should sound like a steady light rain.
 3. Rub hands together slowly. The rain has now changed to a heavier rain.
 4. Increase rubbing hands. The rain is slowly getting heavier.
 5. Hit legs with open hands. The rain is now a downpour.
 6. Hit legs faster. The rain is now a heavy downpour.
- Reverse steps until the rain has stopped.

(If time permits, divide the kids into groups and let them experiment with ways to make it sound like a thunderstorm.)

In our Bible story today, both homes were fine until the rain hit. However, when the rain came and the floods that accompanied it, the house on the sand could not withstand it.

That's the way it is with our lives when we build on the wrong foundation. What do you think the wrong foundation might be? (Examples: Making decisions on what our friends think instead of Jesus, placing material things in front of Jesus) **At first we might not have a problem with building our lives on the wrong foundation. However, when the rain comes, we will find that we do not have a strong foundation to support us. What do you think the rain might mean in our lives?** (Examples: Having to move from one state to another, starting a new school, a family member being sick, being bullied)



TESTING

THE SOUND LABORATORY: JUMPING SALT

Supplies: pan with handle, wooden spoon, plastic wrap, rubber band, salt, bowl

Preparation: Cover the top of the bowl tightly with plastic wrap. Secure with the rubber band.

Sprinkle salt on top of the plastic wrap. Allow the kids to take turns holding the pan beside the bowl with the open end toward the bowl and hitting the bottom of the pan with the spoon.

If time permits, try different sized pans and bowls (empty oatmeal containers work). Also try hitting the pan with other objects.

Did you notice that as long as the pan was hit the right way with the spoon the salt would jump? However, what would happen if I held the pan facing away from the salt. Do you think it would make the salt jump? What if the spoon just lightly tapped the pan? We could only count on the salt jumping if the experiment was done in the right way.

In our own lives we can count on Jesus, the Rock, when we build on the right foundation. What foundation is that? The Rock. Remember that it is a solid foundation. It is dependable and trustworthy.

Also, remember that even though we could not see the air that made the salt move, it was there. We might not be able to see the Rock, but we know by faith that He is there.

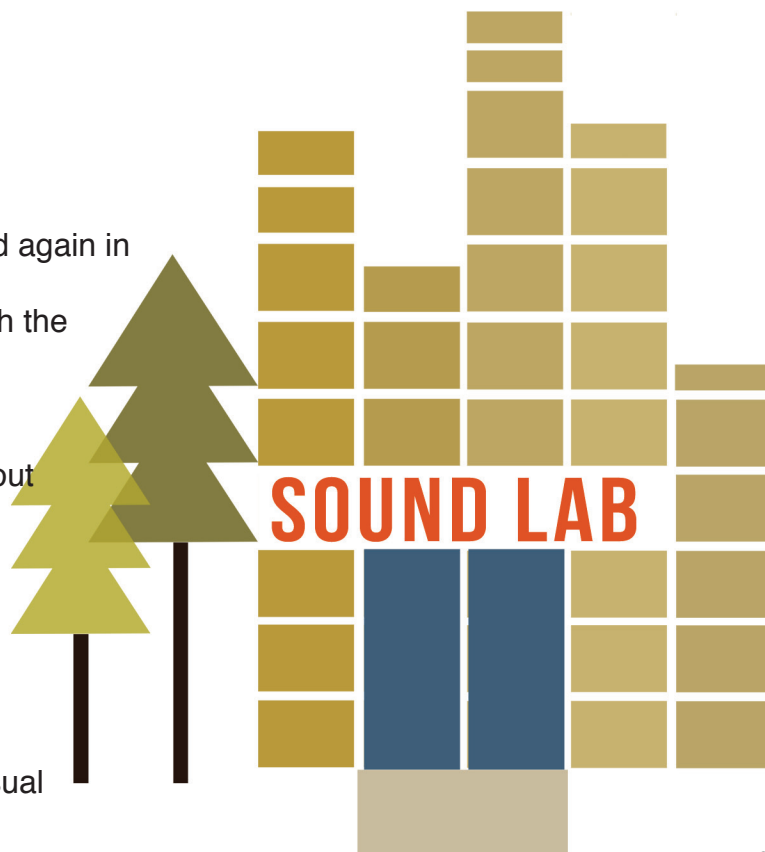
CRAFT: THE POPPER

Supplies: Paper, markers (optional)

To make the popper follow these steps:

1. Fold one inch of the bottom of the paper up. Fold again in the same direction.
2. Fold the top down toward you until it is even with the bottom of the paper.
3. Fold the paper in half sideways.
4. There will be four pieces of paper at the lower corner of the popper. Move the two inner corners out from the popper.
5. With your thumb and forefinger, grab the open corner on the lower part of the popper.
6. Bring the popper down with a quick flick of your wrist. A loud pop should result.

Note: There are multiple videos on youtube if a visual explanation is needed.



The popper can be counted on to work if it is made with the right instructions and those instructions are followed. When we build our lives on the right foundation, Jesus, we will find that we can count on Him.

GAME: BEACH TOWEL CROWD

Supplies: Beach towel for every 5 kids (newspaper would also work)

Divide the kids into groups of 5. Give each group a beach towel. All the kids stand on the towel. Have them fold the towel in half and try to stand on the towel. Continue to fold the towel in half until the team falls off it. The group left standing is the winner.

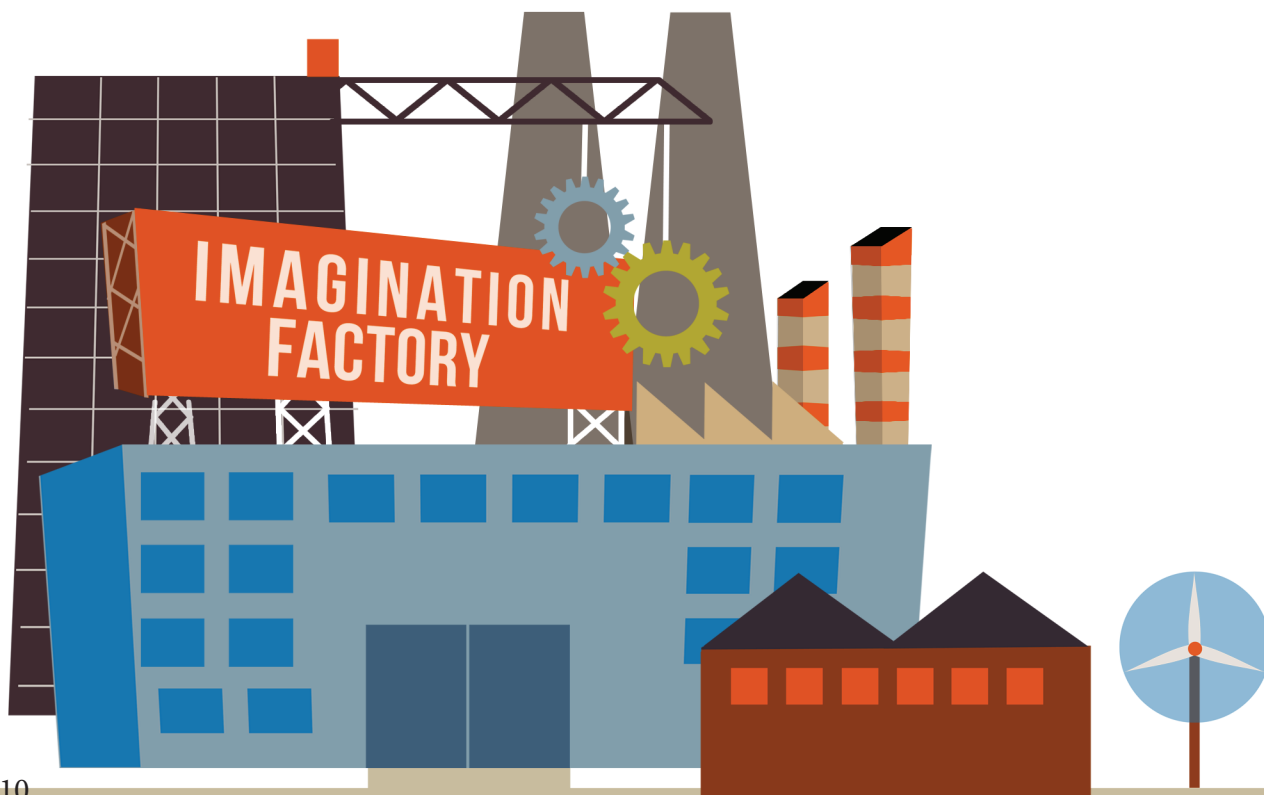
Was the beach towel foundation stable for the group? Review what it means to have a rock foundation for our lives.

BIBLE MEMORY ACTIVITY: PERCUSSION CHANT

He alone is my rock and my salvation, my fortress. I shall not be shaken. Psalm 62:6

Supplies: Materials used in the lesson

Divide the kids into groups. Have them make up a percussion song or chant saying the Bible verse. Use any of the materials used in the lesson (pans, spoons, etc) for percussion instruments. Also they can use sound effects they make up using their bodies (mouths, hands, feet, etc.).



SOUND OFF

Supplies: Copy of questions for each small group

1. What do you think when you hear the word “rock?”
2. What does it mean that Jesus is the Rock?
3. Can you think of a time when someone you counted on did not come through for you? (Do not name names or tell situations of people who are there.) How did it make you feel?
4. When we say that we can always count on Jesus, does that mean that you can count on Him to give you whatever you want? Why or why not?
5. Explain what it means to count on Jesus.
6. (Older kids) Jesus being the Rock brings stability to our lives. That means that when things go wrong (become unstable) we can always know that He is there and we can always go to Him. What kinds of things make kid’s lives unstable? How does having Jesus in your life help when things are unstable?

SNACK: ON THE ROCK

Supplies: Graham cracker, teddy graham, blue icing, plate

Place the graham cracker on the plate to represent the rock. Spread blue icing on the plate to represent the rain and flood. Place a dab of icing on the cracker and stand the teddy graham on it.

Review what it means for us to be building our lives on the rock.

TRADING CARDS

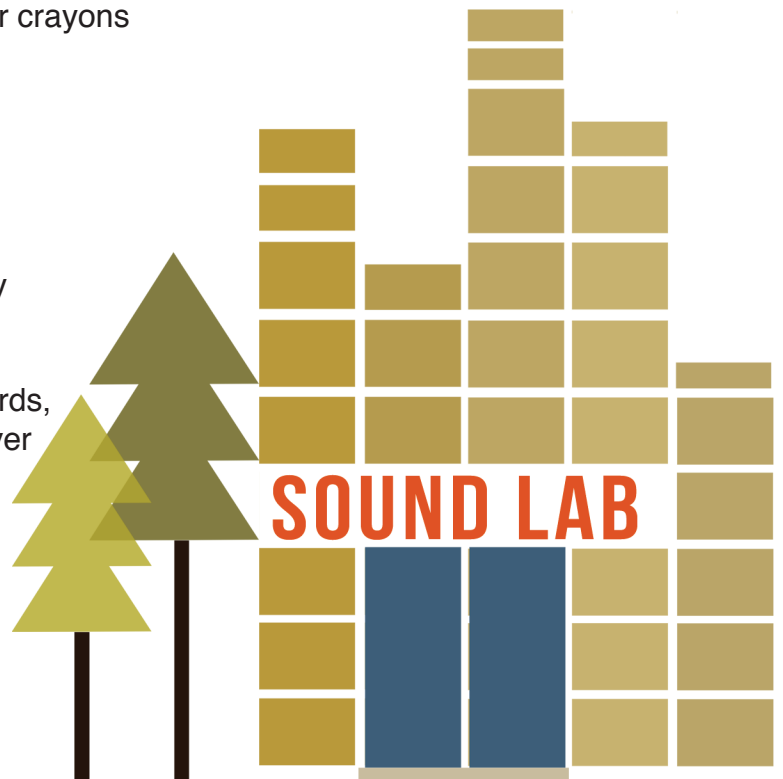
Supplies: printed card for each child, markers or crayons (optional)

Name: Rock

Symbol: rock

Verse: He alone is my rock and my salvation, my fortress. I shall not be shaken. Psalm 62:6

Give each child the card. If using the coloring cards, use markers or crayons to decorate them. Go over the verse together and review the symbol.



SUPPLY LIST

THE PITCHY TWINS: Costumes Balloons Pots and pans with lids

GUESS THE SOUND: For optional display: “Rock” sign Rock Plastic cup Powerpoint

BLUE KID GROUP: Shoeboxes Small pebbles

KEY BIBLE STORY: Rock Sand

SOUND TEST LAB: Candle Lighter or matches Empty 1-gallon milk jug Large wooden spoon (or any heavy spoon)

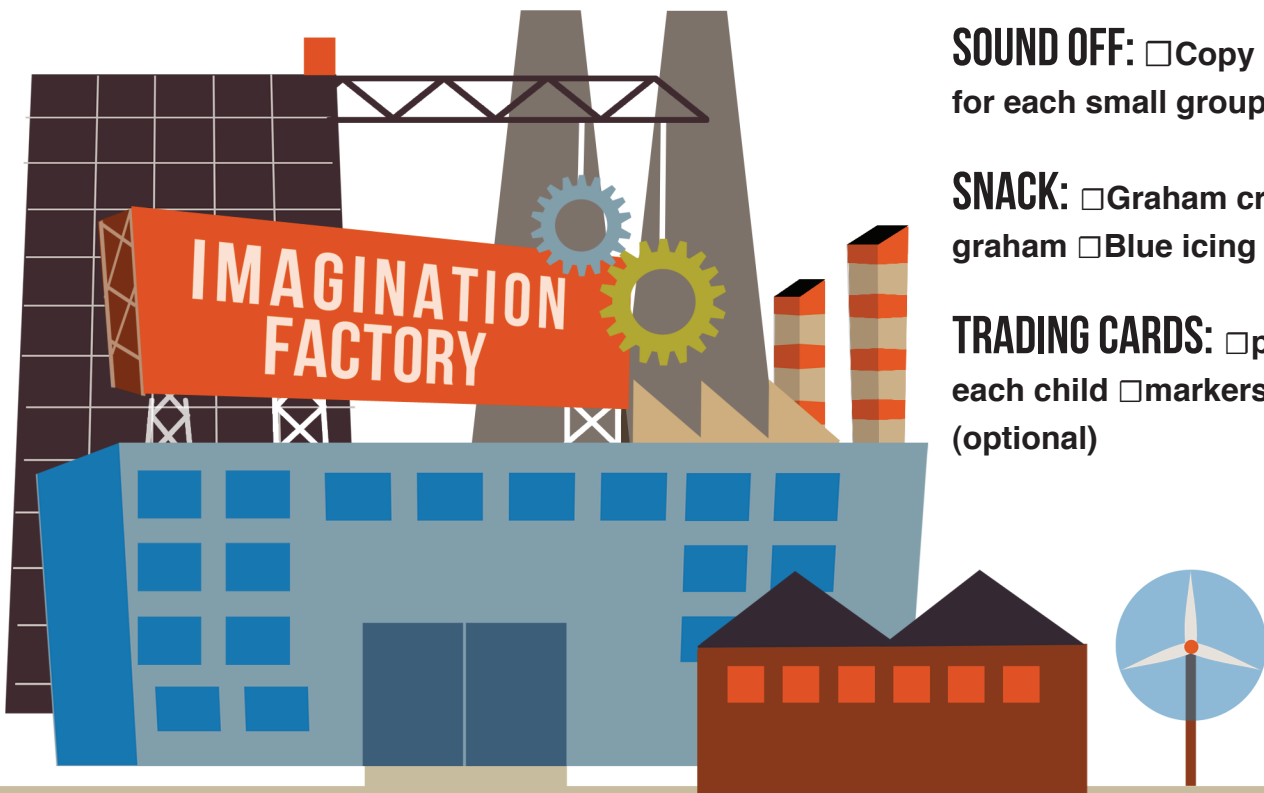
GROUP PRODUCTION: None

THE SOUND LABORATORY: Pan with handle Wooden spoon Plastic wrap Rubber band
Salt Bowl

CRAFT: Paper Markers (optional)

GAME: Beach towel for every 5 kids (newspaper would also work)

BIBLE ACTIVITY: Materials used in the lesson



SOUND OFF: Copy of questions for each small group

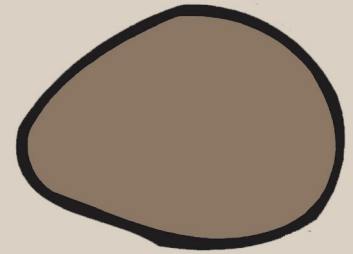
SNACK: Graham cracker Teddy graham Blue icing Plate

TRADING CARDS: printed card for each child markers or crayons (optional)



IMAGINATION FACTORY

ROCK



BIBLE STORY:

The Wise Man and the Foolish Man, Matthew 6:24-27

BIBLE VERSE:

He alone is my rock and my salvation, my fortress. I shall not be shaken. Psalm 62:6

MAIN POINT:

We can count on Jesus, the Rock.

FAMILY DEBRIEFING:

1. Describe a rock. What part of your description sounds like Jesus?
2. Have your child tell you the story of the Wise Man and the Foolish Man
3. What does it mean that Jesus is the Rock?
4. What are some ways that your family depends on Jesus?

FAMILY IMAGINATIVE THINKING:

Act out the story of the Wise Man and the Foolish Man. Use family members to be the houses. Have someone make rain and wind sound effects.

FAMILY ACTIVITY:

Find a place where there is a rock. Take turns standing on the rock and feeling how stable it is. Now, find a place where there is sand. Stand on it. How is the rock different than the sand? If possible, find a rock and place it somewhere in your home as a reminder of Jesus.



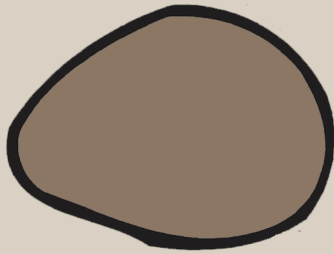
-SOUND LAB-

ROCK

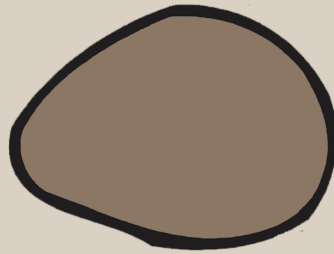


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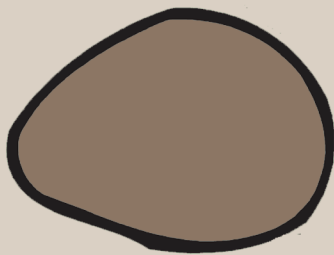
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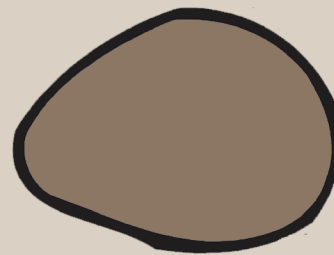
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Sound Off

- 1. What do you think when you hear the word “rock?”**
- 2. What does it mean that Jesus is the Rock?**
- 3. Can you think of a time when someone you counted on did not come through for you? (Do not name names or tell situations of people who are there.) How did it make you feel?**
- 4. When we say that we can always count on Jesus, does that mean that you can count on Him to give you whatever you want? Why or why not?**
- 5. Explain what it means to count on Jesus.**
- 6. Jesus being the Rock brings stability to our lives. That means that when things go wrong (become unstable) we can always know that He is there and we can always go to Him. What kinds of things make kid’s lives unstable? How does having Jesus in your life help when things are unstable?**