

Family Sunday School Lesson 5 - God Our Rock

Introduction:

Finding the time, energy and bravery to show God's love to others can be difficult. But the Bible says God gives strength to the weary. God empowers us when we choose to do the right thing.



Start the Fun!

Screen Time!

Watch "Esther...the Girl Who Became Queen" (VeggieTales, 38 minutes)
https://www.youtube.com/watch?v=sy_an0WkaLQ



Read together

Isaiah 40:29-31

He gives strength to the weary
and increases the power of the weak.

Even youths grow tired and weary,
and young men stumble and fall;

but those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.

Discuss

Ask: When is it difficult to love and help others?

Discussion points: Sometimes we want to please ourselves rather than others, in other words spend our time and energy selfishly. Sometimes we don't see our efforts having an effect; maybe we have been kind to a bully but they continue to be mean to us. Sometimes we are afraid to take the first step in being kind to someone because we don't know how they will react.

Ask: What do these Bible verses promise?

Discussion points: They promise that God will give us strength and increase our power when we are "weary," or don't feel like responding to our call to love others.

Ask: Who does verse 31 say will receive strength from God?

Discussion points: It says, "Those who hope in the Lord..." This means believing God has unending power to share with us. The key to renewing our faith is staying close to God. We can do this by spending some quiet time each day focusing on our relationship. We can read God's word, speak to God and listen.

Pray

Sometimes we can pray by repeating a phrase or Bible verse over and over, thinking deeply about the meaning of each word or phrase. Try repeating Psalm 46:1 when you feel discouraged or weak. God is our refuge and strength, an ever-present help in trouble.

Participate

Find a Worry Stone

Look outside or at your rock collection at home.

Find a pocket-sized smooth stone. You may want one that already has a dip in the middle that gives your thumb a special spot to rub. Or choose a rough stone that you want to polish. Find a stone you think is pretty or that speaks to you for some other reason.

Gently rub your stone when you need a stress reliever. Focus on God's power, strengthening you to handle all of your problems. Breathe.

Sing Along

Psalm 18:2 says, "The Lord is my rock." God is strong, like a rock. If we want to build our lives on something strong, it is wise to choose rock as our foundation. Sing along with this song and rub your worry-stone to the beat.

<https://www.youtube.com/watch?v=nkIr6eHjqXI>

Worry Stone Craft

Materials:

- A "worry" stone, as described above;
- Sharpie markers or paint and brushes;
- craft varnish or sealer

Directions:

Make sure your rock is clean. Draw a heart on one side of your stone with pencil first, then black sharpie. Fill it in with paint or marker in the color of your choice. On the other side, write a short message in sharpie like, "God rocks!" Cover the design with varnish and let dry.



Wrap Up

God loves you and wants you to feel energized by doing your call. Trust that God's power is always there, ready to flow through you.

Take a Moment to Breathe

Tension and Relaxation

In this breathing exercise, we are going to focus on how our body feels. As you breathe in, clench your fists together and tense all the muscles in your body. As you breathe out, relax your body. Repeat three times, each time tensing all your muscles as much as you can.

Now take three deep inhales through your nose and slow exhales with your body entirely relaxed. Relax your neck. Relax your shoulders. Relax your arms in your lap. Relax your cheek bones. Relax your legs and feet. Notice how your body felt during each section of this exercise.

During the week, when you notice your body starting to tense up when you are stressed or worried, take a moment for three deep inhales and slow exhales.