

Everybody Needs a Rock

by Beth Beall

The Bible says that God is like many different things. God is like light and wind. God is like a mother hen and a loving shepherd and a great king. God is also like a rock. In this activity you will read some Bible verses that describe God as a rock. Then you'll search for a special rock of your own.

For

Just for Kids

Season

Summer

Needed

The Bible passage on the last page of this activity.

Optional: old crayons, a cookie sheet, an oven, and either old newspapers or an old towel.

Optional: *Everybody Needs a Rock*, a book by Byrd Baylor. The book may be available at your local library.



Activity Plan

1. Begin with a prayer. You might like to place your hands over your heart as you pray silently or aloud. If you'd like to use words, you could try these: *"Loving God, you are strong like a rock. I can always lean against you. Thank you for taking care of me. Amen."*
2. On your own or with an adult, read Psalm 18 on the last page. (Note: Psalm is pronounced "Sahlm." The Psalms are a collection of prayers in the Bible.)
3. After reading the Psalm, select one or more of these questions to think about or to discuss with someone else:
 - Think of some of the rocks you've seen before. What are a few words you might use to describe those rocks? (For example, were they large, small, smooth, bumpy, multi-colored, oval-shaped, heart-shaped, egg-shaped?)
 - I wonder how you think God might be like a rock?
 - The Psalm says that God is like a steady rock under our feet. The Psalm also says that God is like a rock we can hide in. I wonder if you like one of those images more than the other: a steady rock under your feet, or a hiding place rock?
4. Find some time to look for a special rock. Maybe there is a rock near your house. Or maybe you will be out walking some day, thinking about nothing at all, and suddenly you will see a rock that catches your eye. You might be surprised at all the places you start seeing rocks. Try to find one that you are allowed to keep, and bring it home with you.

5. If your special rock is small, you might carry it in your pocket. If your rock is large, maybe you can find a place for it in your home. When you touch it, perhaps your heart will remember that God is like a rock.

Optional Activities

- Here is an art project you might like to do with a rock.
 - ✓ Begin by washing any dirt off your rock.
 - ✓ Then ask an adult to put the rock on a baking sheet and heat it in a 350-degree oven for 10-15 minutes.
 - ✓ While the rock is heating, peel the paper off of some old crayons. Also place several layers of newspaper or an old towel on your workspace.
 - ✓ The adult will remove the hot rock from the oven and place it on top of your newspaper or towel. **IMPORTANT: THE ROCK WILL BE VERY HOT. DON'T TOUCH IT.**
 - ✓ Now comes the really fun part! Pick up a crayon and simply press it against the rock. Again, **DO NOT TOUCH THE ROCK WITH YOUR BARE FINGERS.** Let the crayon, not your fingers, touch the rock. As you press the crayon against the rock, it will melt like butter. Change the color of your crayon as often as you'd like.
- Next time you visit the public library, find out if there is a copy of a book called *Everybody Needs a Rock*, by Byrd Baylor. It is a story where a girl gives other kids ten rules for finding just the right rock. After all, everybody needs a rock!

Psalm 18 (selected verses)

I love you, God.

You are the one who makes me strong.

You are the steady rock under my feet.

You are the rock where I can hide when I am afraid.

Your way is straight and smooth.

You are a safe place for all who run to you.

You are the one true God.

You are a solid like a rock, and nothing compares to you.

I bless you, O God my rock.

