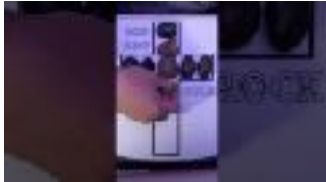


**Opening:**

Imagine that you are wonderfully made by God...as a tree!  
Sometimes storms come, but if we root ourselves in the knowledge that God is our rock - our firm foundation - then we won't be blown away. We can weather the storm, bend, and adjust to what comes our way just as we have for the last year! To prepare for today's message, enjoy this meditation visualization as you imagine yourself as a tree!

**Bible Reading: Psalm 62**

The reading this week is spoken and laid out in a symbolic and meditative way. Can you catch all the symbols? How many rocks are used? What symbol is being laid out and why? As each rock is placed, you can pause and talk about what each line of the verses means to you or your family. In what ways do you need God's protection? In what ways do you need God to be your rock?

**Follow-Up Family Activities:****God is My Rock Worry Stones:**

God loves us and has given us the gift of sending our worries and burdens in prayer. These worry stones are a great way to focus your worries into something as a way of giving it to God. Use the worry stone to remind yourself that God is your rock, your foundation, and the giver of salvation and freedom. Instructions for making your own worry stones can be found here and they can be made with any symbol...it doesn't have to be a heart!

<https://happyhooligans.ca/heart-worry-stones/>

**God is Our Rock Prayer Page:**

The God Is Our Rock page used in the reading is attached. Families can use rocks they find on nature walks, stickers found at home, or even post-it notes to say prayers or things they are worried about and place it on the page. Post-it notes can be used to write down worries and prayers before attaching them. This is just an interactive way to help children connect to God during an uncertain time.

**God Is Our Rock and Fortress:**

Looking for some fun snow play? The next time it snows, have children build their God fortresses and throw life's worries at each other (a.k.a. snowballs)! The snow fort is a symbol of God's protection!

**Closing Prayer & Song:**

Finish the lesson with the closing prayer, then enjoy a final dance party to this semester's theme song!



