

# God Is My Rock

Sunday School Lesson  
August 9

Supplies needed: Bible, Kool Aid packets, glass jars, bamboo skewers, sugar, water, clothespins, a large pot

Goal: To trust God's presence in times of trouble.



## Read Psalm 62:1-2,5-7

We read the Bible to hear about all of God's people. Today our story is about a psalm David wrote about looking to God in times of trouble to remind him that God was always with him.

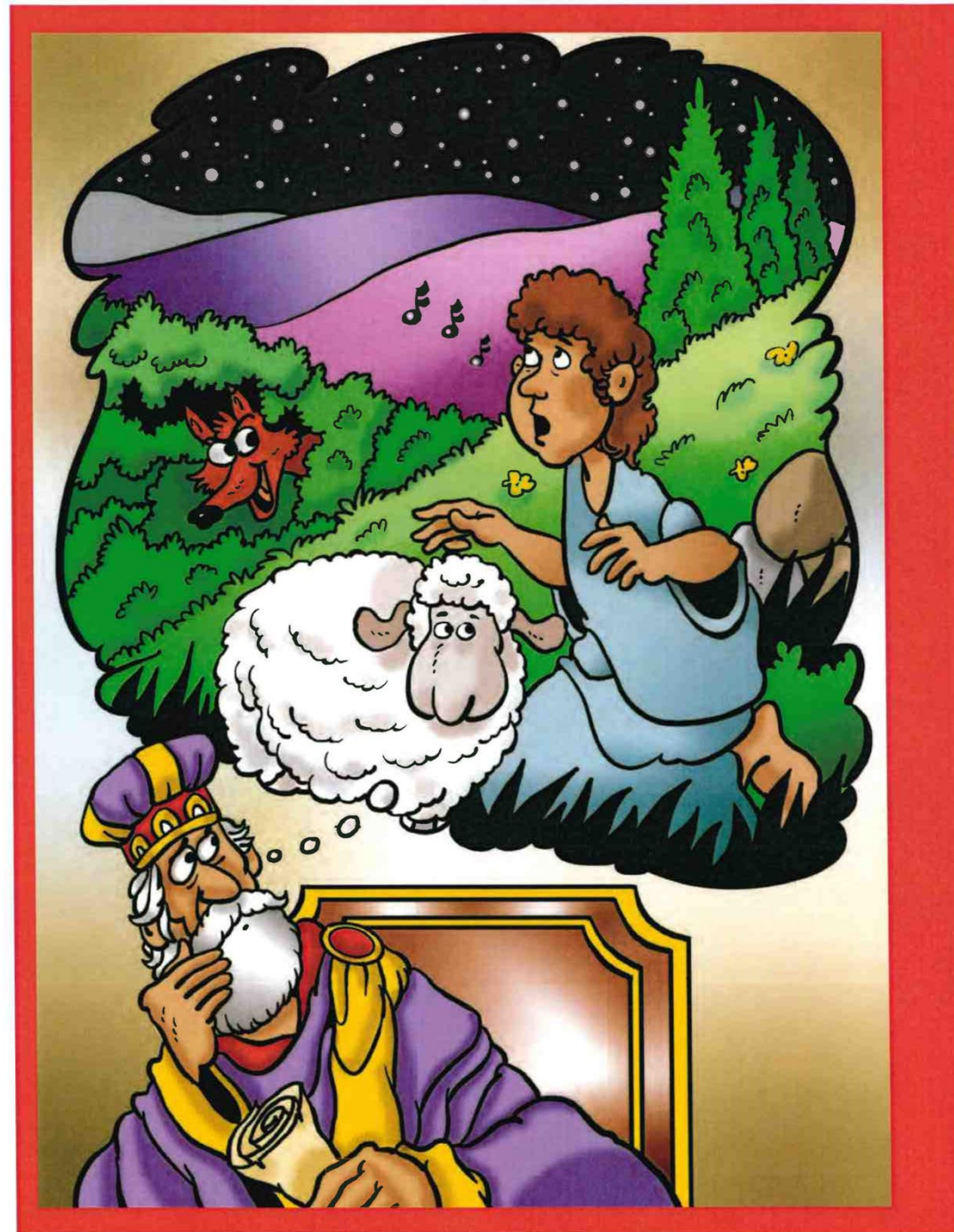
I wonder what a psalm is.

Here is a picture of King David remembering when he was a boy.

I wonder, what is King David thinking about?

I wonder, what is the young David singing?

I wonder, how does David feel?





# The Book of Psalms

Written by David,  
Asaph and  
Sons of Korah

Found in the  
Old Testament

Contain 150 songs and  
hymns

Expresses sadness  
about something that  
is wrong

Offers words of  
praise and thanks

Asks God for help or  
forgiveness

**Psalms helps people talk with and worship God.**



# God Is My Rock

In our Bible story today,  
David says,  
"God is my rock."

How are God and a rock  
the same?

How are God and a rock  
different?



# God Is My Fortress



This is a fortress.  
A fortress is a place that  
provides a city all they  
need and keeps them  
safe from enemies.

In our Bible Story today,  
David says,  
"God is my fortress,  
I will not be shaken."

When you feel scared,  
who comforts you?

I wonder how God is like a  
fortress for you?

# God Is Always With Us

Turn off all distractions and sit in silence for a moment. 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!

Now look for some rocks. Choose a rock and remember a time that God was with you in a time of trouble. Place the rock inside a clear container. Use the rocks as a reminder of God's presence with you always.

# Let's Make Kool-Aid Rock Candy

Click on this link to find the directions on how to make Kool-Aid rock candy:

<https://www.growingajeweledrose.com/2017/07/kool-aid-rock-candy.html>

Your rock candy can remind you that God is always with us!



# Pray Together:

Dear God,  
Thank you for always  
being with me.  
Remind me to call on  
you when I am afraid.  
Help me to remember  
to talk to you often.  
In Jesus' name I pray,  
Amen.



# We Miss You!

We want to see you!

Send pictures to:  
[gayle@pcoc.us](mailto:gayle@pcoc.us)



Then find them on Facebook and on our website!