



preparing

If you're a rock climber or scrambler, you know that rocks come in many shapes and sizes. They often provide a wide place for rest or create a crevice for shelter and protection. How is God like a rock to you? Like a place of rest? Like one who provides shelter and protection?

settling and listening

You might want to have this conversation while at home or in the car or any time that you hear that still small voice cheering you on.

If at home and if you make it a practice at home to set aside a special time and place, consider laying out a cloth and lighting a candle as you say

LEADER: Come, let us draw near to God.

PEOPLE: And God will draw near to us.

Prayer leader can pray. ***"Come, Holy Spirit. As we make space for you, open our ears to hear. Open our mind to understand. Stir our heart. Help us to know and love you more. Amen."***

[pause]

If the nudge to speak comes at a time when you are out and about, just go for it!

I wonder what you know about rocks? See fun facts about rocks on the next page and/or read [A Rock Is Lively](#) by Dianna Hutts Aston and Sylvia Long. ***Did you know that God is often called a Rock?***

FUN FACTS ABOUT ROCKS

Rocks and stones are naturally occurring solids made up of minerals.

The Earth's crust is made up of rock.

Rocks have been used by humans for millions of years, from early tools and weapons through to various construction materials.

There are three different types of rocks based on the way they form: igneous, sedimentary and metamorphic.

When magma cools and solidifies it forms igneous rock.

Examples of igneous rocks include granite, basalt, gabbro, obsidian and pumice.

Sediment deposited over time, often as layers at the bottom of lakes and oceans, forms sedimentary rocks.

Examples of sedimentary rocks include sandstone, mudstone, flint, greywacke and chalk.

Extreme pressure and heat over time forms metamorphic rocks.

Examples of metamorphic rocks include marble, quartzite, schist, granulite and slate.

I wonder what connections you are making as you imagine God, our Rock? I wonder what that means to you that he is a Rock?

King David wrote Psalm 18 as a song of praise to the Lord. I wonder, as we read this psalm aloud, how you, too, like the psalmist, can understand how the Lord is our Rock.

Invite a kid or grownup to read Psalm 18.

A reading from Psalm 18.

1 I love you, Lord.

You give me strength.

2 The Lord is my rock and my place of safety. He is the God who saves me.

My God is my rock. I go to him for safety.

He is like a shield to me. He's the power that saves me. He's my place of safety.

3 I called out to the Lord. He is worthy of praise.

He saved me from my enemies.

16 He reached down from heaven. He took hold of me.

He lifted me out of deep waters.

17 He saved me from my powerful enemies.

He set me free from those who were too strong for me.

18 They opposed me when I was in trouble.

But the Lord helped me.

19 He brought me out into a wide and safe place.

He saved me because he was pleased with me.

46 The Lord lives! Give praise to my Rock!

Give honor to God my Savior!

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen.

I wonder what words and phrases ping in your heart? What did you find interesting in this psalm?

What do you notice about how the psalm is arranged? [vv. 1-3 describe how God is a rock; vv. 16-19 describe how the psalmist was rescued; v. 46 invites praise]

I wonder what other stories you are thinking of that involve rocks? Some that you might bring up:

- **parable of the man who built his house upon a rock** (Matthew 7:24-27 and Luke 6:46-49)
- after escaping from Egypt, wandering in the wilderness and **after crossing the Jordan River** and before heading into the promised land, the Lord commanded the Israelites to **gather 12 rocks as stones of remembrance** for how God dried up the Jordan River (just as he did the Red Sea) so that the Israelites could cross. The Lord told them, 'In days to come, your children after you will ask their parents, *What do these stones mean?*' (Joshua 4:1-24)

I wonder how you've experienced the Lord as your safe place . . . your shield . . . your strong foundation . . .

Summarize with this: **God is strong and safe. He is our refuge and hiding place.**

praying

Seal your time and conversation by giving thanks to God by saying together the Lord's Prayer or singing the Doxology.