

# The Rock, Sunday 17<sup>th</sup> January 2021

## Build it strong.

### Warm up

Dance to, join in with the actions and sing our Rock song.

This video has the words:

<https://www.youtube.com/watch?v=dcAG4PbNXaA>

This video has the actions: <https://youtu.be/8dbOgbRxC1M>



### Getting started



#### *Equipment*

Construction set e.g. Duplo, Lego or wooden bricks or Jenga bricks.

Ask the children to make a strong building. Talk to them as they build about what they're making and how strong they think their building is.

**The Point:** For fun and to introduce the idea of building.

### Teaching time

#### *Equipment*

Bible (Candle Books), paper, felt tips/coloured pencils

Ask the children to draw a picture of the things that they worry about.

Read the story, 'Jesus Teaches on a Mountain' in Matthew 6:25-34. At the end, ask if the group think that God knows what they are worried about. What do they think He would say about those things? Does that help them to be less worried?

Tell the children that God wants us to talk to Him about the things that make us worried. We call this praying, and we can pray about lots of different things. Talk about how Jesus taught the people lots of other things on the mountain and that He also told them how to pray.

Ask the children if any of them pray. What do they say when they pray? You might like to share how you pray.

Have an object (anything will do – a teddy, a pen, a big stone...) that you pass from person to person. When you are holding the object it's your turn to say a short prayer.

The children may want to pray about the things they are worried about, or they might want to say thank you for something or pray about something else completely.



**The Point:** To give an overview of some of the teaching from the Sermon on the Mount.

### **Craft idea**

#### *Equipment*

A Bible to read Matthew 6:9-13 (NLT, NIV or IBC, depending on which translation is best used with your children), A4 card or paper, A version of The Lord's Prayer' printed out or written out, Coloured pens and stickers, Paint, brushes

Give each child a piece of A4 card folded in half. This will be their 'Prayer Book.'

Encourage them to stick the copy of the Lord's prayer, or to write the Lord's prayer on the inside and decorate it with pens and stickers.

Then close the book and write on the front the child's name and Prayer Book.

They can then paint their hand (or draw round their hand) and place it on the front of their book,.

The 2 eyes can be stuck onto the hand, or draw eyes on. A mouth could also be added.

The hand will help as a reminder to the children to put their hands together and close their eyes when they pray.

**The point:** A reminder of the Lord's Prayer.

### **Prayer**

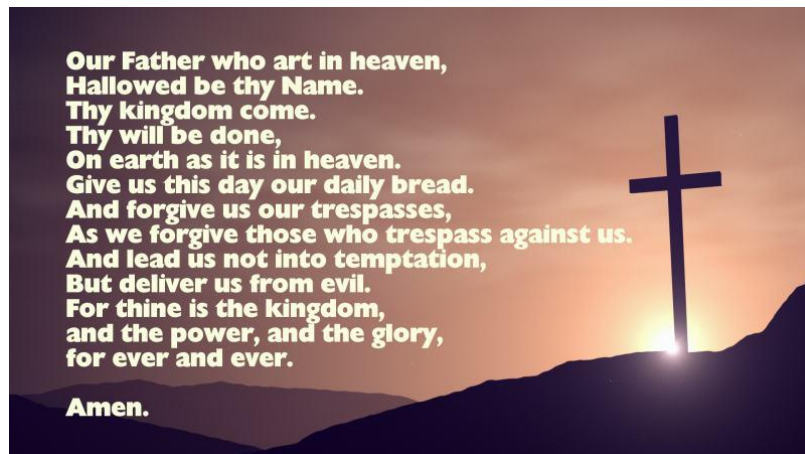
*Help the children read/say the Lord's prayer, either this version, or the more traditional version.*

***"Our Father in heaven:  
May your holy name be honoured;  
may your Kingdom come;  
may your will be done on earth as it is in heaven.  
Give us today the food we need.***

***Forgive us the wrongs we have done,  
as we forgive the wrongs that others have done to us.***

***Do not bring us to hard testing,  
but keep us from the Evil One.***

***Amen.” Matthew 6:9-13***



This is a long memory verse, but there's every chance that some of the children may already know parts of it. Break up the verse as follows and work with the children to find an action that fits each bit. Hopefully they will remember the actions and bits of the prayer.

**The Point:** To learn scripture – and help us to pray better!

**THE ROCK**

(Material taken from Energize by Urban Saints - <https://www.energize.uk.net/>)