

The Rock, Sunday 26<sup>th</sup> July 2020

## Wrapped in His Strong Love

### 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



Items which keep us safe – oven gloves, hats and scarves, helmets, plasters and so on.

Show all the safety items. Say that all of these items have something in common – can the children say what? Say that they all help to protect us – keep us safe from something.

Ask the children to choose an item and wear it if possible. Ask how it protects us? Continue with all the items until they have all been chosen and discussed.

Say that God protects us, too. God is so powerful that he is in charge of everything. The Bible says that if we ask God to protect us, he will do so.

There is a prayer, which says, “May God protect you and keep you safe. May he protect you when you go out and when you come in. Amen.”

Pray that prayer together now.

**The Point:** To look at things that protect us and to see that God also protects us.

## Story/ teaching time

Ask the children if they ever wear things to keep them safe? What things do they wear? (They might think of aprons, or cycle helmets.)

Say that God wants Christians to be safe, so he gives us armour to wear. In the Bible it tells us about the armour God gives us.

God gives us a belt. This belt is made of truth: we know that what God says is true and it is the bit where lots of the other bits of armour fit onto.

He gives us a helmet. This is called Salvation – it means that Jesus died for us, and so now we are part of God’s family and special to God.

He gives us a breastplate – look – it keeps our heart and lungs safe. He calls that breastplate goodness, because God helps us to be good if we ask him to.

He gives us a shield. Shields are used to stop people hurting us. We put the shield in the way of other people’s weapons. The shield is called faith. We believe that God loves us and God is with us, and that helps us to be strong.

But we also need a sword! God’s sword is called the Holy Spirit because he always helps us when we have problems. He gives us his words from the Bible to remember in all the things that happen to us in life.

And last of all, God gives us shoes... Because he wants us to walk and tell other people how amazing he is!

When we remember that God has given us all this stuff to keep us safe, we know that God is with us to protect us – whatever might happen!

Tell the children that this armour is invisible – we can’t see it. Practise putting on the invisible armour together. When we put on each thing, ask the children to remember what the armour IS in real life and what it is for.

Finish by thanking God that he wants to protect us, and that he gives us armour to keep us safe.

**The Point:** To look at the Ephesians passage about armour.

## **Craft and activity ideas**

### **1. Equipment**

#### **Equipment**

Paper, pens, sponges, saucers of paint. Optional – attachment.

Let the children draw pictures of themselves in the middle of the paper. Then, round the edge, they can sponge blobs of paint so that they are surrounded – just as God surrounds us with his protection.



If you like, you could use the attachment so that the painting has "God protects me" at the top of it.

**The Point:** A reminder craft

### ***Download***

[3-4NG14Protected.pdf](#)

## **2. Equipment**

### ***Equipment***

Cardboard, staples, marker pens.

Let the children make themselves swords and helmets.

Swords:

There are dozens of great sword templates on line which you can print onto cardboard for this activity.

Colour the sword in using your preferred media. You could wrap the blade in silver foil, paint it, or collage it with bits of shiny paper. The hilt can be painted and have stickers added to make it more spectacular.

Helmets:

You will need a long strip of card about 10 cm wide and two strips about 5 cm wide. The wider strip should be measured around the child's head and stapled into place. (You can put sellotape over the staple if you are worried about it pulling the child's hair. The two thinner pieces should be fastened at the front and the side of the crown with their other ends tucked into the back and opposite side, so that they create a cross at the top of the crown. Put the crown onto the child and pull the unfastened ends so that they fit comfortably on the child's head – i.e. not sticking too far up. Staple these into position and trim off the excess. The children can decorate their helmets. Again, decide between paint, silver foil or collage.



**The Point:** A reminder craft.

## **3. Equipment**

### ***Equipment***

Lining paper, pens, play dough.

There are two strands to this prayer activity – thanks for protection thus far and prayer for future protection.

Have a sheet of lining paper available to write instances where you know God has protected either you or someone else eg. "I was falling off my bike, but instead of falling into the road I fell onto the pavement"; "My son was running into the road, and he fell over so I could catch him". These instances will open our eyes to the times when God does protect us in small ways, and will build faith.



The second strand is prayer. Play with play dough as you pray that God will help you to see him at work in your lives, and ask him for specific protection – either for yourselves or for others. The simplest way is to wrap the dough around your finger as you pray that God will protect you, or fashion a person and then wrap that person in a cloak.

**The Point:** An opportunity to respond to God by recognising or asking for his protection today.

### **Prayer**

Teach the children this simple song, to the tune of "London's Burning".

Sing it through a few times until they get it. You could use shakers as well if you like:

Jesus keeps me  
Jesus keeps me  
Safe from danger  
Safe from danger  
All day  
All night  
He protects me  
He protects me

**The Point:** A song to reinforce the teaching point.

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# THE ROCK

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

