



Lesson 3: God is my Rock 3-5 In-Person Plan

<u>Key Teaching Point</u>	God is my Rock, so I know he is with me in good and bad times.
<u>Bible Verse</u>	“The Lord is my rock, my fortress, and my savior” (Psalm 18:2, NLT).
<u>Scripture Passage</u>	“Joseph’s hard knock life.” (Genesis 37-45, NLT)
<u>Materials</u>	<ul style="list-style-type: none"> ● Bible ● A set of playing cards or a stack of 50-100 paper cups ● A rock ● A colored bandana, one or two depending on the game that is selected ● Optional props: a coat or robe, name tags for characters, a crown

Relate (20 minutes)

Welcome students with a snack.

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while students eat their snack:

Icebreaker Options (Choose one.):

- God sightings: Ask students to describe how they’ve seen God at work in their school or at their home in the past week.
- Let students take turns sharing how they’re feeling today using the “How Are You Feeling?” chart (from the CKC Games Bag).
- Open a discussion with a question, “What gives you strength to endure when times are tough? How do you typically respond when times are tough? Is it helpful?”

Play a game.

Find the Coat of Colors

Seat the students in a large circle. Select one student to step out of the room for a moment. Give the colored bandana to a student to hide on himself (in a pocket, in a shoe, under the arm, etc.) or in the room. The student who left the room must come back and try to find the colored bandana. The student may ask up to five yes or no questions to determine where the cloth is hiding. Guide students to be creative but appropriate with their hiding schemes.

Color Relay

Divide students into two teams and line them up on one side of the room in their teams. Give each team a colored bandana. The first player from each team must run to the other side of the room, touch the wall or cross a designated line, and return back to their team, passing the colored bandana to the next player. Play continues until each team member has gone. The first team to finish wins. Continue playing until all teams have finished.



Receive (20 minutes)

Read God's Word.

Activity (5 minutes): Divide students into small groups and give each group a set amount of cups or playing cards. Instruct them to build a tower on top of a foundation you assign. Assign them to different “foundations” such as the floor, on a chair, a table, on top of some coats or a backpack. Give everyone 3 minutes to build their towers. Then, after instructing everyone to stop, walk by each tower and knock a few over by “bumping into” or moving the foundation beneath it (shake the table, knock over the chair, etc.) The one on the floor will remain standing. It is a solid foundation.

This is like the name of God in our story today: “God is My Rock” (or “Yahweh Tsur” in Hebrew). It’s about a man who had a ton of horrible things thrown at him in life, but he failed to be knocked down because God was his Rock.

Narrate the following “movie” scene and assign students the following characters to act out the scenes in an improvisation style (no speaking, just actions). Pause after each “scene” is read to allow the characters to act it out.

Characters:

- Joseph
- Jacob
- Joseph’s brothers (two or three students can play this role)
- Potiphar
- Potiphar’s Wife
- Pharaoh

Optional Props: a coat or robe, name tags for characters, a crown

Part I: Joseph's Betrayal

Characters: Joseph, Joseph's brothers and Jacob

Scene 1: **There was a man named Jacob who had 12 sons. His favorite was Joseph. He even gave Joseph a very special coat made of many colors.**

Scene 2: **None of the brothers got a special gift like this, and that made them angry and jealous of Joseph.**

Scene 3: **One day the brothers thought to themselves how to get rid of their brother Joseph and they hatched an evil plan. Aha!**

Scene 4: **They took Joseph's coat and threw him into the bottom of a deep well (that didn't have any water in it!) and left him there to die.**

Scene 5: **They ripped up his coat and put some blood from an animal on it.**

Scene 6: **Then they took the coat back to their father Jacob and told him that a wild animal had eaten his son. Jacob wept in anguish, because he loved Joseph deeply.**

Part II: Joseph is Framed

Characters: Joseph, Potiphar and Potiphar's wife

Scene 1: **Joseph didn't die at the bottom of the well. Instead, the brothers saw some Egyptian slave traders traveling by and decided to sell Joseph to them as a slave. After all, it was better than killing him, right?**

Scene 2: **Joseph became a slave in the house of a wealthy and powerful man named Potiphar. Joseph cooked, cleaned, and took care of all kinds of work in the house. He did such a good job that he got promoted to be in charge of the whole household.**

Scene 3: **Then, Potiphar's wife told a terrible lie about Joseph that not only got him fired, but thrown into jail!**

Part III: God is Joseph's Rock

Characters: Joseph, Pharaoh, Joseph's brothers

Scene 1: **But God was with Joseph even in a dark, cold, lonely jail cell. God blessed Joseph with an ability to tell the meaning of dreams. But he still wondered and prayed, “will my troubles ever end? Is God really with me?”**

Scene 2: **One day, someone told Pharaoh, the king of Egypt about Joseph’s ability to interpret dreams. Pharaoh called for Joseph to come and tell him the meaning of another dream that he was troubled about.**

Scene 3: **God made Joseph become a powerful ruler in Egypt, second hand man to Pharaoh himself. Joseph helped save the people of Egypt by interpreting Pharaoh's dream. The dream told about a terrible famine, so Joseph helped them to store up food so the people would survive.**

Scene 4: **Joseph’s brothers came to Egypt looking for food. Their families were starving. They had no idea that they would meet Joseph.**

Scene 5: **When Joseph met his brothers, what do you think he did? Got angry? Looked for ways to get revenge? No, he FORGAVE his brothers! He said, “You meant to hurt me, but God meant it for good, so that through me, he could save our family and our nation from starving.”**

Joseph made it through some pretty hard times because God was His Rock. He was never alone, even when it looked like God abandoned him. God is our Rock, which means no matter what happens, we can count on him to protect us and carry out his plan for us.



Respond (20 minutes)

Apply God’s truth.

Show students a rock.

What are some words or phrases that you would use to describe a rock?

Take student responses.

Right, those are all good descriptions! When we say, God is my Rock, it means that God is stable, strong and trustworthy.

Review the Bible verse.

What words does David use to describe God in this verse? (Rock, fortress, Savior)

What is a fortress? It is a strong building or defense against enemies or danger, kind of like a castle or a fort.

What is a Savior? A Savior rescues you from something. What kinds of things do people need to be rescued from?

Take student responses.

“God is our Rock” means that no matter what kind of danger or trouble we face, God is our fortress and Savior, to protect us and be with us.

The world can be a scary place sometimes. If God is our Rock, does that mean bad things will never happen to us? (No) What about Joseph? Did God stop all bad things from happening to him? (No)

When we live in heaven with Jesus, we will no longer experience pain or sadness, but here in our lives, we will still go through hard times. We might get sick, have trouble at home or at school, or go through problems with our friends. God doesn’t take away our problems in this life, but he promises that he will be our Rock through them, just like he was with Joseph.

Open a discussion:

- **What are some of the bad situations that happened in Joseph’s life?** (He was betrayed by his brothers, sold into slavery, framed and thrown in jail.)
- **How could Joseph have hope, even in his awful situation?** (He could have hope if he knew that God was with him through it all.)
- **How do we know God was with Joseph even in the bad times?** (We can see how God worked all the circumstances of Joseph’s life for good in the end.)
- **How do you think Joseph felt at the end of the story?** (Answers will vary.)
- **If Joseph were here today, what do you think he would want to share with us?** (Answers will vary.)
- **What does the name God is My Rock have to do with the story of Joseph?** (Answers will vary.)
- **What does it mean for God to be your Rock?** (Answers will vary.)

Sing and worship together.

Pick a song from the [Praise and Worship Guide](#), or choose one of your own. Incorporate movement into the songs whenever possible.

Close in prayer together.

Share a personal story with the students about a situation in your life when God was your Rock. Ask each student to share a situation they are currently facing or could face in the future in which they need God to be their Rock. Pray together.

Dear God, please give me strength and peace when _____. Thank you

that you are my Rock to help me through good times and bad.

Take prayer requests and close in prayer.