



Lesson 3: God is my Rock Online 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 • 15 paper or plastic cups • A rock
<u>Mystery Bag (Optional)</u>	<ul style="list-style-type: none"> • Zoom scavenger hunt printable, round 5

Relate (10 minutes)

Welcome crew members.

Greet crew members as they sign on.

Icebreaker Options (choose one):

- Ask students to share their highs and lows (the best and worst things that happened to them either today or from the past week.)
- Rosebud: Ask students to share a highlight or success from the week (a rose), a challenge or disappointment from the week (a thorn) and something they are looking forward to doing or experiencing in the week ahead (a bud).
- 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.

Zoom Scavenger Hunt - Round 5¹

¹ Mystery bag version: Send each student a printable list of items for round 5 of the Zoom scavenger hunt before the club session. The first student to arrive with all five items wins.

To play this game, share your screen, and upload the Zoom slides for lesson 3. Display the scavenger hunt slides one item at a time. The first student to come back with that item receives a point. Students can receive points individually or as a team.

You could also choose your own game from the [Zoom Playbook](#).



Receive (10 minutes)

Read God's Word.

The name of God in our story today is “God is My Rock” (or “Yahweh Tsur” in Hebrew). This story is 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.

But I need your help for today's story. As I tell the story, I want you to pay attention. I want you to put your thumbs up when something good happens to Joseph and put your thumbs down when something bad happens. I need your help with this because every time that something bad happens to Joseph, I'm going to add a cup to a tower that I am going to build.

Narrate the story using the script below, pausing after each line to give students a chance to put their thumbs up or thumbs down. After every bad thing happens to Joseph, I want you to add a cup to create a tower in front of your Zoom camera for students to see. Make sure you start with a STRONG FOUNDATION, as this will be a key talking point at the end of the story.

Part I: Joseph's Betrayal

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.

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

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

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.

They ripped up his coat and put some blood from an animal on it.

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

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?

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.

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

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?"

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.

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.

Joseph's brothers came to Egypt looking for food. Their families were starving. They had no idea that they would meet Joseph.

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."

What do you think it means for God to be our rock?

Take student responses.

God is our Rock because he is our firm foundation when life is challenging and difficult and when life is going well. God keeps us from being knocked down when life throws hard things at us. Even though I added weight to this

tower with every hard thing that happened in Joseph’s life, it still did not fall down because it had a strong foundation. In the same way, if God is our foundation we can endure even the toughest of times.

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 (10 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.)

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.