

Songs and Psalms

Week 8 - July 26th - Psalm 62:6-8

Main Idea: Jesus, the Rock, can always be counted on. He is trustworthy. He is reliable. He is dependable.

Read: Psalm 62:6-8 (David Speaking)

- **6** Truly He is my rock and my salvation; He is my fortress, I will not be shaken. **7** My salvation and my honor depend on God; He is my mighty rock, my refuge. **8** Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge.

David realized that God was in control. He placed all hope in Him, and through this psalm he reminds us to wait patiently for God to rescue us. The thing is that we sometimes want God to take away our problems in order for us to feel relief—to feel rescued. But aren't there always more problems, challenges and trials on the way? True relief comes to us once we place all hope in God and His plan of Salvation through Jesus.

****Jesus is the Rock brings stability to our lives. That means that when things go wrong (become unstable) we can always know that He is there and we can always go to Him.**

Questions:

- What do you think when you hear the word, 'rock?'
- What does it mean that Jesus is your rock?
- Is He your rock? Do you depend on Him?
- Are you building your life on Jesus' teachings?

Activity:

- This week, get outside with some chalk! Have your kids draw a castle because He is our fortress! You can even write the verse next to their drawing.

Preschool:

- Paint rocks bright colors to leave around your neighborhood or your gardens.
- Have your parents draw a Castle and you can color it in.

****This week when you pray, thank Jesus for being a rock in the lives of your kids. Ask Him to help them trust Him and depend on Him.**