

# Jesus, My Rock

Adapted from *Knowing Him by Name*, Focus on the Family

**Items needed:** Pillow or empty soda can, or other items that your child can stand on.

**Bible truth:** Jesus is our Rock.

**Bible verses:** 1 Peter 2:6-8a- For in Scripture it says: “See, I lay a stone in Zion, a chosen and precious cornerstone, and the one who trusts in him will never be put to shame.” Now to you who believe, this stone is precious. But to those who do not believe, “The stone the builders rejected has become the cornerstone,” and, “A stone that causes people to stumble and a **rock** that makes them fall.”

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1. Teach: Jesus is our Rock. We don't stand on Him physically, but He provides the solid and sturdy base on which we build our lives. Psalm 118:22 says that He became the “cornerstone,” even though He was rejected by the elite of His people. Isaiah 8:14 says that He will be the rock that we stumble over if we don't build our lives on Him.

Like a building's foundation, Jesus is strong and reliable and is a solid foundation for our faith. He is trustworthy and constant, never losing His love for us. And most important, He will never fail.

2. Do: Ask your learner to stand on different items such as a pillow or an empty soda can. What would happen if you had to rely on those items beneath your feet to keep you steady? The pillow would become unstable and the can would flatten. They have your learner stand on a concrete sidewalk or cement floor. How stable is this floor?

3. Discuss: Why is it important to build on something strong and stable? What happens when you don't build on something strong and stable? What are some things that we can do to help us build our lives on the Rock?

By Jenni Langston  
Memorial Church of Christ  
Houston, Texas