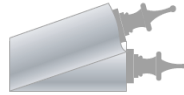




CHURCH EDUCATION

The Holy Bible
The Book of Mormon



'...and they shall become one in thine hand.' Ezekiel 37.17

LESSON TITLE

Sure Foundation: Building Our Lives Upon the Rock of Christ

TEACHER NOTES

UNIT 1 - Heavenly Authority

1- 45-minute lesson

GRADES 1-3

HOLY BIBLE

1 Corinthians 3:11, "For other foundation can no man lay than that is laid, which is Jesus Christ."

To prepare for this lesson, study the scriptural references listed in **OBJECTIVES**.

Q = Teacher asks questions

BOOK OF MORMON

Helaman 5:12, "And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall."

OBJECTIVES

The student will be able to:

- Through guided discussion, recognize why Jesus, God's son, is like a rock, Helaman 5:9-12, Matthew 28:18.
- Describe how he/she can build on the rock of Jesus, God's Son. Luke 6:47,48.

Note: The Church of Jesus Christ uses the Authorized King James Version of The Holy Bible and The Book of Mormon published by The Church

ESSENTIAL QUESTIONS

- What is the name of God's Son?
- Why is Jesus a rock?
- When was there a time in your life when you felt you needed Jesus?

MATERIALS

Holy Bible(KJV) and *The Book of Mormon*

White board and dry erase marker

Wall Display: [Building Lives Upon Jesus](#) . Optional: Teacher can make and display

Object Lesson: 2- glass/metal 8x8" pans. 1- Straw for teacher (Optional:1 straw/per student).

Container of water. Sand (Enough to fill the base of the pan).1 - rock (1 pound or more in weight and sized to fit inside the pan)

Songs: [Jesus Love the Little Children](#) , 1:31 mins.[Isn't the Love of Jesus Something Wonderful](#)

(View 0:37 - 1:35 mins). [The Wise Man Built His House Upon the Rock](#). 1:12 mins

[Songs of Zion](#): # 27, Sing Hallelujah. # 91, There's Not Anything That Jesus Cannot Do

Task: Blank sheets of paper and pencils.

Optional: Smooth stones, 1 per student and markers

PROCEDURE

Motivation/Introduction (10-15 minutes)

Prior to class:

- On the white board draw a simple diagram of a house built on a rock

In class:

1. Engage students in a discussion on the benefits of using materials such as stones and blocks when constructing a building. (These materials are strong, solid, and last a long time. Buildings should be made from durable materials to last for thousands of years, and withstand storms.)
2. **Object Lesson:** Contrast Firm and Sandy Foundations. Conduct experiments with sand and rock (See Teacher's Supplement).

Goals: Recognize why Jesus, God's son, is like a rock, and Describe how to build our lives upon Jesus.

Lesson Development (20 - 25 minutes)

(See Teacher's Supplement for guidance, steps 1-4.)

1. Compare Jesus to a rock.
2. Explore how to build upon the rock of Jesus.
3. **Task:** Personalize Believing on Jesus
4. **Song:** Teach students a song about Jesus's saving power.
5. **Scripture cheer:** (Lead students in cheer), "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16
6. Discuss Essential Questions (Page 1).

Key Words: Heavenly Authority, Redeemer, rock

Teacher's Supplement – A Sure Foundation

Motivation/ Introduction

Object Lesson: Contrast Firm and Sandy Foundations (Illustrate the durability, safety, and strength of solid materials)

Materials:

- 2- glass/metal 8x8" pans
- 1- Straw for teacher (Optional:1 straw/per student)
- Container of water
- Sand (Enough to fill the base of the pan)
- 1 - rock (1 pound or more in weight and sized to fit inside the pan)

Instructions:

1. Place two pans on a flat surface in view of students.
2. Place a thin layer of sand in one pan and the rock in the other.
3. Tell students to imagine a windstorm blasting upon the rock and sand.
 - i. Students guess what would happen if you were to (a) blow on the rock or (b) blow on the sand.
 - ii. Using a straw, blow on the rock. (It should not move.)
 - iii. Using a straw, blow on the sand. (It will move/ shift.
 - iv. Optional – allow students to take turns blowing on the rock and the sand through a straw. Caution against blowing it out of the pan.)
4. Tell students to imagine heavy rain pounding upon the rock and sand.
 - i. Students guess what will happen if you (a) pour water on the rock or (b) pour water on the sand.
 - ii. Pour water on the rock and on the sand.
5. Students compare and contrast the effects of the "storms" on the rock and the sand.

Q: Why does the rock not fall apart like the sand? Would you want to build your house out of rock or sand? Why? Would you want your house to be supported by rock or sand? Why?

Lesson Development

1. Compare Jesus to a rock.

When Jesus resurrected from the grave, He said, "All power is given unto me in heaven and in earth," Matthew 28:18.

Q: How powerful is Jesus?

Jesus is more powerful than anything. Jesus was given the power of God. He sits at God's right hand in heaven, and they rule together.

Jesus:

- can heal any disease.
- can save a soul from sin.
- can calm any storm.
- will stand beside you in times of trouble.
- will calm you, will give you peace, will give you joy.
- loves you greatly. You can count on His love.
- is like a rock.

We should make Jesus our rock.

2. Explore how to Build upon Jesus

Jesus instructs how to build on Him, His rock:

- a. **Come:** Believe Jesus is God's Son. Believe Jesus came from heaven to rescue people from sin. Believe Jesus hears your prayers. Believe Jesus can take you to heaven. Believe Jesus can support you through any problem. Believe Jesus can heal any sickness.
- b. **Hear:** Listen to Jesus's instructions on how to be saved (Go to heaven). Listen to testimonies of how Jesus helps people.
- c. **Do** what Jesus instructed:
 - o Love God and all people
 - o Repent (be sorry) for sins
 - o Ask God and people to forgive you.
 - o Do good. Do what is right.
 - o Pray in the name of Jesus. Ask Jesus to help you. Ask Jesus to heal you.

3. **Task: Personalize How to Build on Jesus**

- a. Give each student a sheet of paper and pencil and tell them to draw a house on a rock (As shown on the board).
- b. Tell students to label the rock 'Jesus,' and the house with their name.
- c. Prompt students to think of how to build their life upon Jesus. Write responses on the board.
 - Q: Can you think of one way to build your life upon Jesus?
 - Q: Can you think of one thing that Jesus has done for you?
- d. Tell students to write responses on their papers.

Optional - Hand each student a smooth stone and marker and have them write "Jesus" on the stone. Tell them to remember to make Jesus their rock.

4. **Suggestions for songs:**

- [Jesus Love the Little Children](#) , 1:31 mins.
- [Isn't the Love of Jesus Something Wonderful](#) (View 0:37 - 1:35 mins)
- [The Wise Man Built His House Upon the Rock](#), 1:12 mins

[Songs of Zion](#): (Click link to audio files)

- # 27, Sing Hallelujah
- # 91, There's Not Anything That Jesus Cannot Do