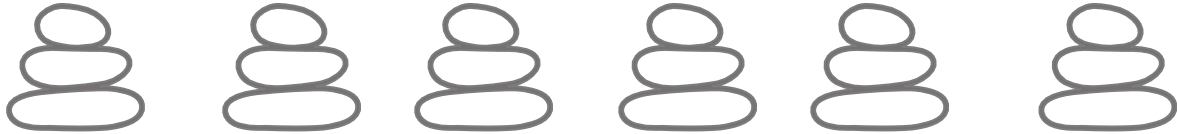


# Sunday School Lesson

## Sunday, August 9, 2020 Tenth Sunday After Pentecost



“He only is my rock and my salvation, my fortress.”

While labeled Sunday School, please feel free to use these ideas in a way that blesses your family. You do not have to do all the activities nor do you need to do them on Sunday morning. You can use whatever translation of the Bible or Children’s Bible you have in your home.

**Read:** Psalm 62: 1-2, 5-7 (read it in the New Revised Standard Version or in the Revised Standard Version)

### Activities and Background:

This Psalm is called “A Psalm by David” and expresses confidence in God’s protection in all circumstances.

1. Read the Psalm.  
List all the things the Psalmist says God is.
2. Go collect some rocks. Hold the rock and feel the rock.  
I wonder why the psalmist said God is like a rock.  
I wonder when God has been like a rock for you.
3. Now take your rocks and paint them. You might write on them “God is my rock” or “God is my strength”. When they have dried you can give one to someone who needs to hear this message.  
I wonder who might need to hear this message. List them.
4. Think back to earlier stories: Moses and the Israelites, David.  
I wonder how God was their rock and salvation.
5. Read the scripture one more time and draw a picture to go with it.
6. Try memorizing the verses.
7. Now say the Psalm like a song of praise.