

Music

Song Recommendations:

1. "The Lord is My Rock" (Paraphrase Version)

- Lyrics Paraphrase:
 - The Lord is my rock, so strong and bright
 - He is my fortress day and night
 - My Savior who rescues me
 - From my enemies, He sets me free
- Suggested Actions:
 - "Rock" - Pound fists together
 - "Strong and bright" - Flex muscles
 - "Fortress" - Build a pretend wall with hands
 - "Rescues" - Pretend to pull someone to safety

2. "God is My Shelter"

- Lyrics Paraphrase:
 - God is my shelter, my safe place to hide
 - He's always with me, He's by my side
 - When troubles come, I call His name
 - He hears my voice, He takes away my pain
- Suggested Actions:
 - "Shelter" - Make an overhead tent with arms
 - "Hide" - Cover eyes with hands
 - "Call His name" - Cup hands around mouth
 - "He hears" - Point to ears

3. "Praise the Lord, My Deliverer"

- Lyrics Paraphrase:
 - Praise the Lord, my Deliverer true
 - He saved me, and He saves you
 - Our strong tower, mighty and sure
 - With God's love, we can endure
- Suggested Actions:
 - "Praise" - Raise hands up high
 - "Deliverer" - Reach forward as if pulling someone up
 - "Strong tower" - Stand tall and firm
 - "God's love" - Cross arms over chest

Worship Activities:

1. Rock Building Activity:

- Provide small stones or paper cutouts for children to build their own "stone wall" or "fortress" as a physical reminder that God is their rock and protector.

2. Story Drama:

- Divide the children into groups and assign parts to act out scenes where God helps His people, relating to themes from 2 Samuel 22. Use simple costumes or props for engagement.

3. Prayer and Reflection Time:

- Lead a prayer session focusing on thanking God for being a rock and fortress. Encourage students to share personal situations where they need God's protection and help.

Connection to the Lesson:

The selected songs and activities emphasize key themes from 2 Samuel 22, where David sings praises to God as his deliverer and protector. Children learn through music and action that God is a steadfast rock, a safe haven, and the one who hears and answers their prayers. This aids in fostering a sense of reliance on God's strength and protection in their daily lives.