



## Rock Solid – An 8-Week Series

### Lesson One: Your Guide - Jesus

#### The it



The **it** of the lesson is that ONE THING you say over and over so they understand it. If their parents ask, "What did you learn at church?", you want them to answer with the **it** of your lesson. If YOU ask the kids, "What am I trying to get you to learn/understand?" and they answer with this phrase, you can say, "That's **it**!"

#### THE **it** THIS WEEK IS:

Following Jesus leads to a life of Adventure

#### Things you might need for this lesson:

##### FIND/GATHER/BUY:

- Costume for Whyit (all 8 weeks)
- Rock w/Googly Eyes and Microphone
- Dice or Hat for Play It
- Hiking Books and Slippers for Show It
- Leader Costume for Teach It

##### FROM DOWNLOADS:

- 6 Mountain Posters for Play It
- Take home tool for parents
- IMAGES and VIDEO for projection



## Whyit (*Pronounced Wyatt*)

For this climbing series, Whyit is dressed for adventure, but be sure to make him look a little silly. Don't overdo it though; he's just a few donuts short of a dozen. He might have a Hawaiian shirt on under his hiking vest. His equipment might be literal preschool toys – binoculars, bug catching net, fishing pole, etc. and perhaps some kind of fuzzy slippers. He is ill-equipped but makes up for it in eagerness and enthusiasm.



**PREPARATION:** Gather the items needed for Whyit's costume.

**PRESENTATION:** This first week, Whyit comes out in his pajamas ready to climb! He has no idea where he is going, just going to "hit the trail" and hope he ends up somewhere amazing. The leader asks where he is going to climb, but he doesn't know. He says he'll just flip a coin every time he needs to make a choice and see where it takes him. After all, how could he possibly know which way to go? Leader suggests he could get a guide to recommend a destination and perhaps travel with him. Whyit likes the idea! Maybe his grandma could go climbing with him! She is 104 years old and has lots of experience! Leader says she may be too old to go climbing. Whyit agrees, and suggests his nephew, Andy. He is six months old and climbs on everything! Last week they found him on top of the refrigerator. No one knows how he got up there! Leader suggests he might be a little young. After some thought, Whyit agrees and then suggests he saw this solo free climber online who climbs with no ropes – just his bare hands – up thousands of feet on sheer cliffs! Leader says that sounds a little dangerous for a beginner. Whyit again agrees. He thinks a moment and then says he knows a guy who can shoot sticky webs from his fingers and swing around. He wears a red outfit. Even fights crime! Leader asks, "You mean spiderman?" Whyit says, "Yea! Him! Maybe he can teach me a few tricks." Leader says, "Let's be realistic." Whyit says, "OK, he's probably busy. So, who do you suggest?" Leader says, "Why don't you head down to the local climbing club and ask around for someone who is experienced, wise, and available to either be your guide or recommend someone." Whyit says, "I like it. And bonus if they can shoot webs from their hands! I'm on it!" and exits.

Leader talks about how most people just go through life aimlessly, but an intentional life is the best life. The wisest people choose to follow Jesus. Jesus is the perfect guide. He is experienced, wise, and always available. Whyit yells from offstage, "But can he shoot webs from his fingers?"



## Mountain Mayhem

**PREPARATION:** Print out the Mountain Mayhem Posters. You'll also need a 6-sided die (giant is more fun) or another way to randomly choose which mountain is selected.



**PLAYING:** Show the kids the six famous mountains. They are labeled as six famous climbing mountains around the world.

To start out, they go stand by one of the mountain posters. The leader will roll the die. Anyone at that mountain is eliminated from the game and returns to their seat! The kids remaining then move to a new mountain. (Yes, they may remain where they are.) The only stipulation is that every mountain must have kids at it before the die is rolled. Once there are fewer than six kids, you can either have all those kids win, to save time, or require only one child per mountain going forward. The winner is the last child remaining. Obviously, if no child is on the mountain rolled, just roll again.

1. Half Dome - United States
2. Mount Everest - Nepal
3. Mount Fuji - Japan
4. Mount Kilimanjaro - Tanzania
5. Mount Stetind - Norway
6. The Matterhorn - Switzerland

(facts for posters: <https://www.thegentlemansjournal.com/article/top-10-mountains-to-climb-around-the-world/> )

**THE POINT:** In the game, luck determined the choices that won, but in life, it doesn't have to be that way. If you choose God, you will always be a winner.

**OPTIONAL:** Instead of rolling a die, print small versions of the mountain posters and put them in a hat. You will choose one leader or kid that is ALWAYS "safe" and never gets out, but don't tell the players. Anyone who is standing with that leader or kid also never gets out. You will have to be careful to not choose the mountain where that "safe" leader or kid is standing. You can play faster rounds by saying you will only pick from the hat 10 times. Play several times so kids start to notice the same person is always in the winning group. You can even make a subtle hint about that person to see who catches on. It could even be the leader picking from the hat, and whoever is with them never gets out. The leader would represent Jesus, and all those who follow him always win!

## WATCH *it* A video that sets *it* up



**PREPARATION:** Video included in your Download  
A screen shot is also included in your Download to display on screen before playing the video.

Grandpa Stone is a very old rock who has been around for a very long time. In these videos, he tells his grandkids stories from when he was a little rock. This week, Grandpa Stone tells his granddaughter Pebbles about flying out of a volcano and landing on a seashore many years ago. This is where he first saw a fisherman named Peter who was having no luck catching fish until a man on the shore told him to try putting his nets on the other side. Suddenly his nets were bursting with fish! The man brought his boat to shore and ran to follow this mysterious man. It wouldn't be the last time Grandpa Stone would see these two.



## SHOW *it* An object lesson or activity that illustrates *it*



### OBJECT LESSON: BOOTS

**PREPARATION:** You'll need a good pair of hiking boots or climbing shoes and a pair of slippers.

**PRESENTATION:** Show a pair of good boots and a pair of slippers and ask the kids which they would want to hike or climb in? Why? (Allow responses.) Of course, the boots would provide better grip, help you not to slip or fall, provide protection, keep your feet warm and dry and even protect from bugs or infection from harmful plants. If you want to have a sure footing on the trail for climbing, good boots are a must!



The same is true in our Christian walk. Life can be slippery. There are hazards along the path. There are things that can harm us, conditions that can be unsafe. You'll encounter weather that can cause unhealthy situations for our feet. If we want to hike on to the heights in our spiritual journey, we need to not slip and fall. A relationship with Jesus gives us that solid grip we need. That's why the prophet Habakkuk said, "The Sovereign LORD is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights." (Habakkuk 3:19) He knew that when he walked with God, he would go to new heights in his spiritual journey in life. So, strap on your spiritual boots and start following Jesus!



## Choose Your Guide

**PREPARATION:** Come out all dressed to climb – boots, harness, rope, binoculars, flashlight, etc., but have some funny stuff too! I had a stuffed skunk that was ‘anti-bear equipment’ that I could point at a bear and squeeze! I had a yo-yo, great for those emergency situations when you might need to shoot out and grab a branch. If it’s warm, have a water gun for drinking from, and squirt the kids! Be creative. Dress as a hiker/climber for this series. The more you are into the theme, the more the kids will be, too!



**OPENING ACTIVITY:** Follow the Leader!

**PRESENTATION:** This is a simple classic activity but have fun with it. Instruct the kids to follow you. If you have rows of kids, tell them how to follow, as you’ll need to have the rows follow one at a time. I’ve done this with over a hundred kids! However, tell them they aren’t just following where you go, but HOW you go as well. If you have enough leaders to keep it safe and secure, consider leaving the room and going on a bit of an adventure! Kids love when you leave the room! Go through an office hallway, or even through the foyer or younger kids’ ministry area. Be sure to do some zigs and zags around signs or chairs or other obstacles. Tell them at the beginning that if everyone follows and does exactly what you do, everyone will get a treat/prize when you get back to the room. Be sure to add some arms motions, hopping, crawling, etc. If you can handle it, crawl under a table.

**The Point:** When you get back to the room, ask them if it was hard, if it was fun, and if they felt silly at all. Some of the older kids will definitely be complaining, and that’s OK! It’s all part of the point. Following Jesus isn’t always easy. Sometimes it will be tricky. Sometimes we won’t want to. Sometimes we might even feel silly or embarrassed. But if we do, we will be rewarded. Go ahead and give everyone a reward for participating.

**NOTE:** If you do leave your ministry area, be sure to let your leadership know in advance (and security team if you have one), and do a count of your kids before, during and after. It’s good to do things like this that break the mold, but always use extra caution, communicate, and make sure you think through all the details and have enough supervision. Security isn’t a reason not to do fun things, it just means you need to be extra thoughtful to think the details through in advance. You make great memories when you do things out of the ordinary.

Life is like climbing! You don’t want to stay in the valley. You want to go to new heights! But climbing has dangers, right? You need the right equipment. In this new series, we are going to

be learning how to climb with God. We'll be looking at the spiritual equipment available to us to climb safely and to get where we need to get so we can have the rewards of climbing. The views will be fantastic! The people we meet will be incredible! The feeling of accomplishment will be spectacular. But we need to choose our guide carefully.

**Read: Habakkuk 3:19**

*The Sovereign LORD is my strength; he makes my feet like the feet of a deer, he enables me to go on the heights.*

**TALK ABOUT:**

**Sovereign:** Means God is in control; you are here because God wants you here. Be listening for what God has for you to learn this week!

**My Strength:** By ourselves we get weak, but God can give us the strength we need!

**Feet like the feet of a deer:** God can enable you to go where otherwise you'd never get.

**Enables me to go on the heights:** God wants you to go to great heights in your life, but you must be willing to follow Him and let Him be your guide.

**You have a choice:** Stay at the bottom or GO FOR IT!

**Jeremiah 29:11** is a good verse to use as well: God has great plans for you!

**THE WORLD'S GUIDES:**

Friends, Celebrities, Leaders (even Christian)

**WHY THEY ALL FALL SHORT:**

Friends? They've been around as long as you and know about as much. Their lives are not as charmed as you think.

Celebrities? Many are empty and disappointed, many use drugs or drink because secretly they aren't really as happy as they pretend to be, they can't stay married, and they often have lifestyles that don't glorify God.

Even parents and leaders are human and can let you down and fail. You should only imitate the good in their life as they imitate God. We must honor them, but they are human too and will make mistakes, only God is perfect and knows enough to be our #1 guide.



**POWER TIP:** Don't introduce a drama. As soon as the preceding lesson element is complete, whether it is the WATCH IT video or something else, the actor should just come out, IN CHARACTER, and just start talking to the children. *This captures their attention!*

During this series, we'll be learning about someone who climbed with Jesus. He had ups and downs, but Jesus took him to new heights in his life. He went from being a fisherman to one of the greatest leaders in the Church! He went from just being a man who fished for a living to being one of the authors of the Bible and a founder of one of the biggest churches.



**Focus this week:** Luke 5:1-11

Peter and the Great Catch of Fish

### Interview with a Rock on "ROCK TALKS"

**PREPARATION:** You need a rock for each week, plus some craft googly eyes to put on each rock. You can decorate the rock as much or as little as you want (i.e. hair, mouth, etc.) but just the googly eyes is enough. Each week use a different rock. You can then add it to the stage as a prop or award it to a child as a prize. You might also want a microphone that you can use to interview the rock.

**PRESENTATION:** Each week you'll be interviewing a different rock. Of course, rocks can't move or talk on their own, but they can if you want them to! We provide two options for the interview format. In your downloads are 2 different scripts you can use for each lesson:

1. The first one is written as if the rock is answering, but only the interviewer can hear its responses. You can hold a microphone toward the rock as it 'answers', and then repeat its 'answers' for the kids as a clarification of what it has said. This allows a single Leader to perform the skit without having to use different voices.
2. The second one can be used with an off-stage voiceover or a puppet, with responses written out for the rock. This is ideal if you have multiple Leaders to help with the skit.

As you tell the story, you will do so in a question/answer interview format. Ask the rock the suggested questions and (depending on your skit choice) wait for its answers, or pretend to listen intently and then recap the answers.

## **FIND it** Bible verses that help unpack it



**Have the children get their Bibles out and race to find these verses.**

Have them hold their Bibles in their laps, closed, with their hands on the covers. (Have leaders participate too!) Put the slide up on the screen and then say, "GO!" Whoever finds it first, have them stand up with their finger on the verse. Give them a small reward and ask them to read it out loud. Then have everyone read it together using the slide on the screen. Briefly discuss the passage and explain it as it relates to the lesson. Keep that brief. The point is just to reaffirm another aspect of the topic and quickly connect it to the main point, the "it" of the lesson.



*Choose you this day whom you will serve.*

**Joshua 24:15**

*Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.*

**John 14:6**

*God did this so that men would seek him and perhaps reach out for him and find him, though he is not far from each one of us.*

**Acts 17:27**

## **HIDE it** The unit scripture that kids will memorize to hide it in their hearts



**This is the THEME VERSE**

Challenge the kids to memorize this verse during this series. You may want to have a fun prize or treat for the kids who memorize it!

Use the verse slides provided in your downloads. You can also use the following hand motion suggestions to help the kids really learn the verse. They don't have to know them all the first week. Introduce a few over several weeks until they know them all. This will help reinforce the words to the verse so they can really master it.

**RECOMMENDED SONG:** If you like to use a song to learn this passage, below is one you can use on YouTube. A download of the song is provided as well in your downloads.

(Provided with permission from Slugs & Bugs.)

YouTube link: [Kidology.org/slugsnbugs1sa40song](https://www.youtube.com/watch?v=slugsnbugs1sa40song)

Check out more from [SlugsandBugs.com](https://www.slugsandbugs.com)

**Isaiah 40:28-31**

Do you not know?  
 Have you not heard?  
 The LORD is the everlasting God,  
 the Creator of the ends of the earth.  
 He will not grow tired or weary,  
 and his understanding no one can fathom.  
 He gives strength to the weary  
 and increases the power of the weak.  
 Even youths grow tired and weary,  
 and young men stumble and fall;  
 but those who hope in the LORD  
 will renew their strength.  
 They will soar on wings like eagles;  
 they will run and not grow weary,  
 they will walk and not be faint.



**Suggested motions for learning the verse:**

Do you not know?	Both hands out, palms up as if asking a question
Have you not heard?	Both hands cup ears
The Lord is the everlasting God,	Look up, point both hands to heaven, then draw giant circle
the Creator of the ends of the earth.	Hands together to 'create' then point outwards
He will not grow tired or weary,	Drop arms to side and shake arms and head
and his understanding no one can fathom.	Point to mind, then hands 'explode' (mindblown)
He gives strength to the weary	Muscle pose with fists down
and increases the power of the weak.	Arms go up into muscle pose with fists up
Even youths grow tired and weary,	Point to self then hands together at head like sleeping
and young men stumble and fall;	Finger man walks on opposite arm, trips and falls
but those who hope in the Lord	Form H with arms and thumbs then both point up
will renew their strength.	Beat on chest and pumps fists
They will soar on wings like eagles;	Arms out and wave arms like wings
they will run and not grow weary,	Pump arms like running
they will walk and not be faint.	Feet move like walking
Isaiah 40:28-31	(repeat 3 times)

**LIVE it** The practical life application challenge so the kids can live **it** this week!



Start your day, every day, with a simple prayer: "Jesus, be my GUIDE! Help me to follow you today so I stay on the right path."



**TAKE it** Take home tool to help parents review **it** with the kids.



**PREPARATION:** Included in your download. Use as paper and/or digital tool.

The TAKE IT tool can be printed and given to the kids, or provided digitally, either in an email to parents or posted to your church's website or social media.

**INCLUDED FOR PARENTS:**

- **LEARN IT** Big Idea
- **USE IT** object to remember the lesson
- **READ IT** Bible passage for the lesson
- **HIDE IT** theme verse in full to review
- **LIVE IT** application from the lesson
- **FIND IT** verses they can look up
- **DISCUSS IT** questions parents can use to discuss the lesson with their children

**WEEK 1 YOUR GUIDE: JESUS**

**DISCUSS IT**  
If you could go on ANY adventure ANYWHERE in the world, where would you go? Who would you choose as your guide, and why? How is life like an adventure? How is Jesus like an Adventure Guide for life? How can Jesus help you on the Adventure of Life?

**LEARN IT**  
TODAY'S BIG IDEA:  
**FOLLOWING JESUS LEADS TO A LIFE OF ADVENTURE!**

**USE IT**  
Get your **BOOTS!** Life can be slippery. There are hazards along the path. If we want to hike on to the heights in our spiritual journey, we need to not slip and fall. Jesus gives us that solid grip we need. That's why the prophet Habakkuk said, "The Sovereign Lord is my strength; he makes my feet like the feet of a deer; he enables me to tread on the heights." (Habakkuk 2:19) So, strap on your spiritual boots and start following Jesus!

**READ IT**  
Luke 5:1-11  
Our Bible Adventure today was about the calling of Peter.

**FIND IT**  
SCRIPTURES TO LOOK UP AND DISCUSS:  
Joshua 24:15  
John 14:6  
Acts 17:27

**HIDE IT**  
MEMORY VERSE FOR THIS SERIES:  
Do you not know? Have you not heard?  
The earth is the Lord's and all that is on it,  
the world and all who live on it,  
for he has founded the earth on water,  
and he has set it on oil.  
The Spirit of the Lord is in the world,  
and he will sweep away the wicked;  
he will sweep away the wicked;  
they will not see and not know many,  
they will not see and not know many.  
Isaiah 40:5-8

**LIVE IT**  
Start your day, every day, with a simple prayer:  
"Jesus, be my **GUIDE!** Help me to follow you today so I stay on the right path."

**ROCK SOLID**  
A series of adventures  
for kids  
that will help them  
follow Jesus  
and live a life of  
adventure!

**PARENTS:** For more FUN, wholesome, biblical content for your kids, visit [PesterKart.com](http://PesterKart.com)

## LOOKING AHEAD

Here is next week's lesson topic:

Lesson 2: **Your Map – The Bible**  
**The Bible is our map for life**



## BONUS IDEAS!



**it** is always growing and adding NEW IDEAS!

Be sure you are a member of the **Kidology.org Facebook Group** so you don't miss out on BONUS IDEAS or COACHING VIDEOS that Pastor Karl often posts to help make your Sunday Experience the best it can be! If he gets new ideas, he will share them! And if YOU come up with a great idea for this lesson, you can share it too!

**VISIT OR JOIN AT:** [Facebook.com/groups/kidologyorg](https://www.facebook.com/groups/kidologyorg)