



## Rocks and Roses

## DIY Craft

### Learn together:

**Psalm 56:3 NLT** *When I am afraid, I put my trust in you.*"

### Read together:

Did you know that the term "Aquaphobia" refers to a person who is afraid of water? They may be too afraid to swim, go on a boat or even take a bath. Do you know anyone with Aquaphobia?

### You'll need:

- Water
- Rocks
- Flowers (See what you can find outside)
- Vase

### What to do:

1. Fill a vase with water (right to the top) Explain to children that today, water will represent fear.  
**Ask:** How do you think someone who is afraid of water could overcome fear?  
**Read: Philippians 4:6-7 to prompt ideas.**
2. Share with your children that one way to conquer fear is by being thankful. Allow each child to place one flower in the vase every time they suggest something to thank God for.  
*\*As they put flowers in the vase, wipe up the water that spills out. Remind the children that the water (representing fear) is going away each time they thank God for something*
3. **Ask..**"How is God like a rock?"  
**Read: Psalm 56:3 to prompt ideas.**  
Remind children that when we trust God to be our rock, he helps us overcome our fears. Have children pour in a bunch of rocks to the vase. *(clean up spilt water)*
4. Conclude with these thoughts...  
**"Today we started with a vase full of water (fear) and now we have replaced some of that fear with flowers (thankfulness) and Rocks (Christ) although some water still remains. We can remember that at times life will be scary but with Christ we can get through it."**

SHOW US WHAT YOU MADE!

WE WOULD LOVE TO SEE WHAT YOU MADE.  
HAVE YOUR PARENTS UPLOAD A PICTURE OF YOUR CREATIONS TO OUR  
FARRINGDON FACEBOOK PAGE.