



CHURCH EDUCATION

The Holy Bible  
The Book of Mormon



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

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## LESSON TITLE

A Sure Foundation – Building Our Lives Upon the Rock of Christ

## TEACHER NOTES

### UNIT 1 - Heavenly Authority

2- 35 minute lessons

### GRADES 4 – 6

Study scriptures listed in  
**OBJECTIVES** to prepare for lesson.

### HOLY BIBLE

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

### THE BOOK OF MORMON

Helaman 5:12, "...It is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation ...which is a sure foundation, a foundation whereon if men build they cannot fall."

Q = Teacher asks questions

### OBJECTIVES

The student will be able to:

- Discuss why Jesus is a safe foundation on which to build a life, Matthew 28:18, Mosiah 3:5,6. Helaman 5:12, Mormon 7:5-7 (Part 1)
- Discuss how to build his/her life upon Jesus, Luke 6:47-49 (Part 2)

### ESSENTIAL QUESTIONS

- For what purpose did Jesus come to earth?
- How might we compare Jesus to a rock?
- How do we know that Jesus is our friend?
- How do we know that Jesus wants a relationship with us? Can you describe what a relationship with Jesus looks like?
- What good comes from having a relationship with Jesus?
- When was there a time in your life when you felt you needed Jesus?

### MATERIALS

Holy Bible (KJV) and The Book of Mormon

Dry erase board and markers

**Object Lesson:** A medium-large sized rock to hold in the palm of a hand. Container of sand (enough to hold in the palm of a hand). Container of water (about 16 oz.)

**Task 1:** One sheet of blank paper per child and colored pencils (Part 1)

**Task 2 :** ½ piece of poster board, scissors, and paste for each student (Part 2)

The Songs of Zion hymnal

**Video:** [The Wise Man Built His House Upon the Rock](#)

**Mind Map:** [Define](#) or [Connections](#) (Part 2)

**Mind Map:** [Built Upon Christ](#), 1/student (Part 2)

## PROCEDURE

### Part 1: Motivation/Introduction

1. Engage students in a discussion on the best materials for a building's foundation (See Teacher's Supplement for guidance).

**Goal:** Discuss why Jesus is a safe foundation on which to build a life.

### Lesson Development

(See Teacher's Supplement for guidance)

1. Engage students in a discussion on why Jesus is the best foundation on which to build our lives.
2. Discuss first three bullets from Essential Questions, page 1. Teacher and/or students share how Jesus helped them during a time of need.
3. Task 1: **Personalize Jesus as My Rock**
  - a. Hand a sheet of paper and colored pencils to each student.
  - b. Tell students to illustrate Jesus as their Rock.

Key Words: Heavenly Authority, Redeemer, rock, foundation

## Part 2

### How to Build Upon Jesus

#### **Motivation/Introduction**

1. Briefly review key points from Part 1.
2. Students read aloud Luke 6:47-49 and Matthew 7:24 and identify the outcomes for the man who builds upon a rock and the man who builds upon the sand when challenged by a storm.

#### **Luke 6:47-49,**

“Whosoever cometh to me, and heareth my sayings, and doeth them, I will shew you to whom he is like: He is like a man which built an house, and digged deep, and laid the foundation on a rock: and when the flood arose, the stream beat vehemently upon that house, and could not shake it: for it was founded upon a rock. But he that heareth, and doeth not, is like a man that without a foundation built an house upon the earth; against which the stream did beat vehemently, and immediately it fell; and the ruin of that house was great.”

#### **Matthew 7:24-27**

“Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.”

3. Watch video “The wise man built his house upon a rock”, Link page 1.

**Goal:** Discuss how to build his/her life upon Jesus.

#### **Lesson Development**

1. Engage students in a discussion on steps to build upon Jesus – “Come,” “Hear,” and “Do,” and how to personalize these steps . (See Teacher’s Supplement for guidance.)

2. Discuss the last 3 bullets from Essential Questions.
3. Task 2: Mind Map: Build Upon Christ. Give each student the template, scissors, poster board, and glue/paste/tape (Link page 1).
4. Memory Verse: (Assign to memorize)
  - **John 3:16**, “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.”
5. Song: Students sing *The Songs of Zion*, # 91, “There’s Not Anything That Jesus Cannot Do” or “The Wise Man Built His House Upon A Rock.”

# Teacher's Supplement

## Part 1: Motivation/Introduction

**Prior to Class:** Write the following list on the board...

### Qualities of a Safe Foundation

**Solid** – won't fall apart

**Strong** – bears the weight put upon it

### **In Class:**

**Q.** Who has heard of the word "foundation"? Who can explain its meaning? (A foundation is a base or load-bearing part of a building)

**Q:** What purpose does a foundation serve for a building? (A foundation supports the building so it can withstand forces, such as gravity and storms.)

### **Object Lesson:**

- a. Introduce the list on the board: Qualities of a Safe Foundation, and demonstrate why solid materials like rock/stones make safe foundations.
  - o Place a large rock, a container of sand, and a container of water within reach of students.
  - o Invite students to handle the rock and the sand. Wiggle the container of water, making it slosh.
  - o Students assess which of these materials would best support a building during a storm and explain why.

## Part 1: Lesson Development

1. **Explain:** Imagine that your life is a building, and you want to build it on a solid foundation that will withstand the storms of life.

**Q:** How would you describe storms of life? (Anything that makes us sad, miserable, or brings us down.)

**Q:** What might be some examples of storms in our lives? (illness, problems, etc.)

**Q.** What/ Who is able to support us through the storms of life? (Parents, Friends, God, Jesus)

**Q:** Can you think of reasons why Jesus is the safest foundation on which to build our lives? (See examples below...)

### **JESUS IS...**

- **SOLID:**
  - o Trustworthy
  - o Dependable
  - o Always loves us
  - o Guides us in the right way

- **STRONG:**

- Has all power in heaven and earth
- Performs mighty miracles.
- Rose from the dead – victory over the grave
- Brings to pass the resurrection of the dead
- Redeemed the world - Has the power to save souls.
- There's not anything that Jesus cannot do!

**Benefits of Building Our Lives Upon Jesus**

**Q:** Who encounters storms in life? (Everyone)

**Q:** Who sends the storms? (Satan)

**Q:** Why does Satan send storms? (To make people miserable)

**Q:** What might occur from Satan's storms? (Some people might get discouraged and lose faith. Others might cling tighter to Jesus, trusting Him to support them and take them to heaven.)

**Q:** What rock can support us from endless misery? (Jesus is the Rock that protects our soul!)

**Tell a student to read** aloud Helaman 5:12, "... 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...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..."

**Q:** Why is Jesus a safe foundation for our lives?

## Part 2: Lesson Development

### 1. Come - Here - Do

- A. Write headings 'Come,' 'Hear,' 'Do' on the board, creating three lists OR use Mind Maps - "Define" or "Connections" (Links page 1) to illustrate concepts. (Draw the mind map on the board and give a mind map template to each student to have them record responses.)
- B. Discuss each topic through inquiry. (Select from questions below or create your own.)
- C. Review the benefits of building our lives upon Jesus.

**Explain:** Jesus identifies three steps to build upon Him. (1) Come to Him, (2) Hear Him, and (3) Do what He say.

#### Come to Jesus

**Q:** What does it mean when someone says, "Come to me"? What might it mean to come to Jesus? Can you think of an example? (Desire to: get closer to Him, belong to His family, love Him with all our heart)

**Q:** How does praying relate to coming to Jesus?

**Q:** How does believing in Jesus relate to coming to Him?

**Q:** Can you think of an example of what we should believe about Jesus? (See examples below.)

#### **Believe that Jesus...**

- Is God's Son.
- Loves me.
- Wants me to live in heaven with Him.
- Saved me (Went to the cross to pay for my sins)
- Resurrected from the grave on the third day and lives in heaven.
- Brings about the resurrection from the grave for everyone.

#### Hear Jesus

**Q:** What does it mean to hear Jesus? (Consider His words, listen to Him, learn of Him)

**Q:** Where can we hear Jesus? Can you think of someone who speaks Jesus's words? Where can we read Jesus's words?

**Q:** Who has heard Jesus speak to them? Have you ever heard a voice in your head that stopped you from doing something wrong, or that told you to do something right? (That's the Spirit of Christ)

**Q:** Can you think of something that Jesus wants us to know about Him? What does Jesus want us to know about God, His Heavenly Father?

**Q:** How do we know that Jesus loves us?

#### Do What Jesus Says

**Q:** What does it mean when someone says, "Do what I say"? (Accomplish a task, act on their words)

**Q:** Why should we obey Jesus? What good comes from obeying Jesus? Where does Jesus lead us? (To God)

**Q:** Can you think of an example of how we should act? Why does Jesus want us to love others? To be kind? To have good relationships?

**Q:** Can you think of a commandment of Jesus?

**Q:** Why does Jesus command men and women to repent of their sins? Why does Jesus command men and women to be baptized?

**Q:** How do we build our lives upon Jesus? (Believe in Jesus, God's Son, Listen to and obey His word)