

# Rock Craft Reflection Guide:

## Building on a Firm Foundation

Thank you for joining us in spirit as we continue to explore what it means to build our lives on God's firm foundation. This simple, meaningful craft will remind you of God's steadfast love and presence in your life.

### What You'll Need:

- A smooth, flat rock (one you can easily hold in your hand)
- Paint pens, markers, or acrylic paints
- Stickers or other embellishments (optional)
- Clear sealant spray (optional for weatherproofing)



### Step-by-Step Instructions:

1. Find Your Foundation: Choose a rock that feels right to you—smooth, sturdy, and ready to be transformed. As you hold the rock, reflect on how God's love is your unshakable foundation.
2. Express Your Creativity: Use paint pens, markers, or paint to decorate your rock. Consider incorporating a heart as a symbol of God's enduring love. You can also include words like "Faith," "Hope," or "Love" to inspire you.
3. Reflect and Connect: As you create, ponder this question: What does it mean to build my life on God's firm foundation? Think about areas of your life where you can trust God more deeply.
4. A Daily Reminder: Place your finished rock in a visible spot—on your desk, by your front door, or in your garden—as a constant reminder of God's unwavering love and presence.

### Reflection Questions:

- What are some ways you've experienced God's firm foundation in your life?
- How can you share this message of hope and stability with others?
- In what areas of your life do you need to trust God more?

**A Prayer to Reflect On:** *Heavenly Father, thank You for being the firm foundation in our lives. When the world shifts and changes, Your love remains steadfast. Help us to trust You more deeply and build our lives upon Your unchanging truth. Bless this creative time and remind us that we are uniquely gifted and deeply loved. Amen.*

**Share Your Creation:** We'd love to see your decorated rock! Snap a photo and share it on social media with the hashtag #HopeCentreCrafts or email us at [programs@hopecentrministries.org](mailto:programs@hopecentrministries.org)

### Want More Activities Like This?

Join us for our next Community Sunday on March 16, 3:00 to 4:15 PM, 81 Henderson Highway (Drop-off loop off Talbot Avenue, perfect for taxis and transit + vehicles).

Our theme will be Pretzels and Prayer (Lent) – an afternoon of joy and connection you won't want to miss! Thank you for being part of the Hope Centre Ministries community.

We are grateful for you!