



WEEK OF FEBRUARY 21

GEOLOGY

OBJECTIVE: This week's experiment will call upon your ability to notice details.

By thoroughly examining a rock and speculating on the rock's complex history of all that may have gone into making it as you presently see it, you will be asked to draw a parallel with your own life, identifying the forces and layers that have gone into making you who you are.

HYPOTHESIS: Much like rocks, each of our lives reveal unique stories; our present state of being is very much the product of our history and the forces that impact our lives over the years. Yet, if we follow our story back far enough, we find our mutual origins, forged in the fire of God's love and desire.

MATERIALS NEEDED: **A ROCK** (*Any rock will do. It may be helpful if it is somewhat sizeable, like, at least the size of a deck of cards so you can more easily notice details.*)

If you are doing this with at least one other person, you can either choose one rock per person, or share the same rock.

YOUR LIFE LAB JOURNAL

DIRECTIONS: If possible, please do this each day this week or as many days as possible.

Take your rock and study it well. Notice textures, colors, cracks, if it a solid material or conglomerate of many materials, are there layers, etc. Please intentionally notice *ONE* specific thing about your rock *EACH* day. Jot down your daily findings in your *LIFE LAB JOURNAL* and/or share those findings with those who are doing this experiment with you. If you are doing this with others, and you are all sharing the same rock, consider letting someone have the rock each day and reporting what they have noticed back to the group (*ie., at the dinner table.*) Along with whatever gets described each day, think about / talk about what may have caused that particular detail about your rock. (*See figure G.1 on the back side.*) Feel free to let those imaginations run wild!

Write down your theories and/or share your thoughts about the reason for the detail you have noticed.

Now think about your own life and write down / share one detail about who *YOU* are, the kind of person you are. For example, it may be as obvious as you have red hair or something less obvious like you love to travel. Then share/write down why you think that is. Repeat this process of noticing and theorizing for the rock and for yourself each day. If you are doing this with others, only one person needs to share something new about the rock each day, but *EACH* person should share some detail about themselves each day.

As you do this each day, you may find it more and more challenging to notice something different about your rock as the week progresses. That's okay. Notice if the same holds true for describing yourself.



Figure G.1 Day one description: this rock has no sharp edges. It feels smooth.

Possible explanation: Maybe it was worn down over years by water pushing it up against other rocks...OR...maybe someone smoothed this rock down to use as a tool...OR...maybe it fell to earth from space and the friction in the atmosphere rounded it...OR...

REFLECTION: *(to be done at the end of the experiment)*

1. What was it like trying to see new things in the rock each day? Did it get more challenging? How was it describing yourself?
2. All the features of the rock tell a story of the rock's past. Many things about you tell a story about your past as well. When it comes to ourselves, do you think we always know those stories?
3. All rocks are either igneous-rocks in their original form, created from molten earth.

sedimentary-rocks changed by weathering and cementing back together.

metamorphic-rocks changed by heat and pressure.

What would you guess your rock is? Now, think about the parts of *YOU* that are *igneous*, *sedimentary* and *metamorphic*. Consider jotting those categories down in your *LIFE LAB JOURNAL* and then making a list of qualities about yourself that fit under each.

4. Psalm 139:14 "*I praise you, O God, because I am fearfully and wonderfully made.*" You are encouraged to read all of Psalm 139. Even though we are shaped and weathered and metamorphized under pressure over the years of our lives, we still ever remain *wonderfully created by God*. Think about, share and/or write down how that fact can sometimes get buried or forgotten by the layers and changes we experience in life.
5. How can we remind ourselves of that God-created inner part of us that never weathers and never changes under pressure, and bring it more to the surface so that it is more easily noticed?

CONTINUE THE FUN!

Here are a couple of additional things you can do to enhance this week's theme.



Figure G.2 The layers of the Grand Canyon, telling its geologic story.

MAPPING YOUR LIFE LAYERS

Just as the Grand Canyon's layers tell a story and can be mapped out, (see figure G.2) so too do the layers of your life tell a story. Mapping out the layers of your life may not be as simple and neat as mapping the Grand Canyon, but you can think about which parts/layers about you are closer to the surface, most easily noticed by others, and which parts/layers are buried deep within. Consider mapping out your layers with the obvious ones near the top. How is God found in each of those layers? Are there layers void of God's presence? How might an eruption or *intrusion* of God's love change those layers?

How about trying this tasty experiment?

CHOCOLATE LAVA MUG CAKE

INGREDIENTS

1/4 cup flour
1/4 cup granulated sugar
2 tablespoons cocoa powder
1/2 tsp baking powder
Pinch of salt
3 tablespoons unsalted butter, melted
3 tablespoons milk
1 egg
1/2 teaspoon vanilla extract
1 ounce semi-sweet chocolate chips
1 tablespoon water

INSTRUCTIONS

Whisk together with a fork, flour, sugar, cocoa, baking powder, and salt until well mixed in a mug.

Add melted butter, milk, egg and vanilla. Whisk well to combine all ingredients.

Place chocolate chips in the center of the mug. Drizzle water on top of the batter.

Cook in microwave for 1-2 minutes or until the cake rises to the top and edges look set.

Cool for 5 minutes.

