

# God Helps David Defeat Goliath

Bible Point

**God helps us...and can do amazing things through us.**

## Purpose

Defeating Goliath could have felt like a daunting task to a young shepherd like David. But David wasn't afraid. He knew he had the most powerful secret weapon on his side: God!

You may be facing some giant tasks, too. Like paying your bills this month. Or repairing a marriage that feels too far gone. Or facing a difficult diagnosis.

And the elementary kids in your class may feel the same way. How will they ever pass math? What can they do about their parents' fighting? How can they stand up against a bully? These giants in our lives can feel as big as Goliath, but through this lesson, remind kids about who we have on our side: the all-powerful God who helps us.



## Prayer

Almighty God, will you do something amazing through me this week? Help me show kids your love—and may it transform their lives. In Jesus' name, amen.

## Prep

Opening Options	Sing & Play	Bible Discovery & Friendship Finale	Apply-It Options
<ul style="list-style-type: none"> <li><input type="checkbox"/> Option Cards*</li> <li><input type="checkbox"/> <i>The Amazing Floating Paper Clips</i>: paper clips, clear cups, water</li> <li><input type="checkbox"/> <i>Pin the Pool Noodle on the Person</i>: pool noodles, tape</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> countdown video*</li> <li><input type="checkbox"/> <i>Music Video</i> DVD*</li> <li><input type="checkbox"/> <i>Buddy Video</i> DVD*</li> <li><input type="checkbox"/> Klymer Bible Memory Buddy poster*</li> <li><input type="checkbox"/> media player</li> <li><input type="checkbox"/> Bible (bookmark Psalm 121:1-2)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "God Helps David Defeat Goliath" Bible Story poster*</li> <li><input type="checkbox"/> Klymer Bible Memory Buddy stickers* (1 per child)</li> <li><input type="checkbox"/> Take-It-Home Flyers* (Unit 1, Week 2) (1 per child)</li> <li><input type="checkbox"/> Bible (bookmark 1 Samuel 17:4-7, 8-11, 26, 32, 33, 34-37, 45-47)</li> <li><input type="checkbox"/> paper</li> <li><input type="checkbox"/> markers</li> <li><input type="checkbox"/> masking tape</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <i>Explore More</i>: Bibles, play dough</li> <li><input type="checkbox"/> <i>Game</i>: no supplies</li> </ul>

\* in your **Simply Loved Kit**



# Opening Options

Set up one—or both—of these intro activities to start your time together. Each activity connects kids to the Bible Point and to each other. Cut apart these Option Cards, and place one by each activity you choose. Crew Guides will follow the directions and build friendships with kids as they make discoveries together!



## The Amazing Floating Paper Clips

**Supplies:** paper clips, clear cups, water

Make a paper clip float! Bend one paper clip into an L shape, and use it to gently lower an unbent paper clip onto the surface of the water. When you remove the L, the paper clip you lowered will float!

- ? Why is this amazing to you?
- ? What's another amazing thing you've seen?

**God helps us**, and God can do amazing things through us. We just saw one amazing thing, and today we'll see how God did something amazing through a shepherd boy named David.

## Pin the Pool Noodle on the Person

**Supplies:** pool noodles, tape

Use tape to make a pool noodle into a ring. Play ring toss with the pool noodle, trying to get the ring over a partner's head.

- ? Tell about something you do that takes a special skill.

If you practiced a lot, you could develop a special skill for this unusual kind of ring toss. Today we'll discover a special skill David had...that also required good aim! David couldn't do it on his own, but he knew **God helps us**.

# Opening

Now's a great time for Opening Options. Choose one—or both—to introduce today's Bible discoveries.



countdown video (1 minute)

Help kids transition, clean up the activities, and sit with Connect Crews. A Connect Crew is a small group of kids with one Crew Guide.

## Sing & Play

Hi, everyone. We're going to have a blast today! Guess what. God is real, and he is here with us. So let's get moving and celebrate!



"Whole Lotta Change" music video

It's so great to come together and praise God. Even when life changes, God is with us and will help us. That's something really cool we're going to learn about God today.

### Bible Point

God helps us! Every time you hear the words **"God helps us,"** put one fist onto your other palm (demonstrate) and say, **"Stand strong!"** Let's try that together.

- Put your fist onto your other palm.
- Say, "Stand strong!"
- Repeat several times.

Repetition cements learning, so be sure to say today's Bible Point A LOT. Have fun with it! Kids will love listening for it and responding with **"Stand strong!"**

No matter what big things or small things we're facing, we can stand strong with God on our side. He's our mighty King. Let's ask for his help with another song.



"Come, Thou Almighty King" music video



### Supplies

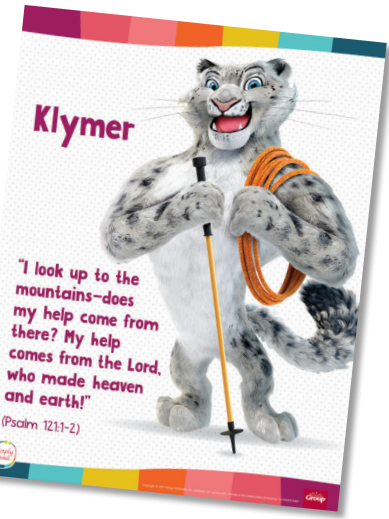
- Bible
- media player
- *Music Video* DVD
  - "Whole Lotta Change" music video
  - "Come, Thou Almighty King" music video
  - "His Great Love" (Romans 5:8) music video
- *Buddy Video* DVD
  - Klymer Bible Memory Buddy video (Week 2)
- Klymer Bible Memory Buddy poster



Stand strong!

## Bible Memory Buddy & Verse

**Klymer the snow leopard is our Bible Memory Buddy!** Show the Bible Memory Buddy poster. **How much do you know about snow leopards? Let's find out with a This-or-That Challenge!** You'll hear two fun facts about snow leopards. It's up to you to decide which is true, this fact or that.



**? Do snow leopards weigh more or less than the average adult human?**

- Have everyone raise their hands as high as they can to vote for *this* (more) or hold hands low to the ground to vote for *that* (less).
- Make a drumroll sound by patting your thighs or the floor.
- Dramatically give the answer: **Snow leopards weigh less than an average adult human. Let's find out more about Klymer.**
- Watch the Bible Memory Buddy video.



**Klymer Bible Memory Buddy video (Week 2)**



Show the Bible. **The Bible is God's true story of love! The Bible has two main sections: the Old Testament, and the New Testament, which tells about after Jesus came. Our verse is found in the Old Testament. Let's say it together. I'll say a line, and then you repeat it after me.**

**"I look up to the mountains—** (*shield hand over eyes and look up*)  
**does my help come from there?** (*shrug shoulders*)  
**My help comes from the Lord,** (*point up with hands*)  
**who made heaven and earth!"** (*circle arms up and around head*)  
(Psalm 121:1-2)

**God helps us.** (*Stand strong!*) **When God has something amazing for us to do, he'll help us stand strong and do it! God loves us, and we can always look to God for help. Let's sing about God's great love.**



**"His Great Love" (Romans 5:8) music video**

# Bible Discovery

## Circle Up & Connect

Let's circle up and spend a little time simply getting to know each other in smaller groups called **Connect Crews**.

- Arrange kids into Connect Crews with one helper—or Crew Guide—per group.
  - Invite kids to sit in knee-to-knee circles with their Connect Crews.
  - Have kids give their Crew Guides high-ones (high-fives with just one finger).
  - Have kids take turns saying their names and answering this question. Crew Guides go first.
- ❓ **Who's the scariest villain you've seen in a movie or TV show? What makes them so scary?**

## Experience the Bible Story

Movies and TV shows can have some scary villains! But those villains aren't real. In today's Bible story, we're going to meet a *real* villain named Goliath and see how God helped a shepherd boy named David defeat him! But instead of just listening to the story, we'll all play a part in it. Here we go!

First, let's see what the Bible says Goliath looked like. I'll read, and you draw him. Have Crew Guides distribute paper and markers. **Ready?**



Read aloud 1 Samuel 17:4-7. Pause for kids to finish drawing.

- ❓ **What sounds scary about Goliath?**

Goliath sure looked intimidating! Let's find out more about what he *did* that was scary.



Read aloud 1 Samuel 17:8-11.

- ❓ **What would *you* do if someone talked to you like that?**

The Israelites and their king, Saul, were terrified! They didn't think they'd stand a chance against this guy. Let's tape our papers to the wall as high as we can reach, as if we're facing off against Goliath, too. Have everyone tape their drawings to a wall and then stand a few feet away, facing their drawings.

As the Israelites shook in their boots and listened to Goliath's taunts, David came along.

## Supplies

- Bible
- paper
- markers
- masking tape
- "God Helps David Defeat Goliath" Bible Story poster

We call helpers Crew Guides. If you lead a small class, you can be the Crew Guide. Simply circle up with the kids. If you have helpers, form smaller groups so each child can be known—and so kids can befriend your helpers, too!

Now, David wasn't a soldier. He was simply bringing lunch for his brothers, who *were* in the army. He was the youngest in his family. To show he was the youngest, and maybe the shortest, let's get on our knees. Pause.

And since David wasn't in the army, he wasn't trained for battle. So let's put one arm behind our backs. Pause.

In fact, David was a shepherd and a musician. He spent his days watching sheep and playing his harp. That doesn't sound very tough. Let's put our other hand behind our backs, too. Pause.

Soldiers usually wore heavy armor. But David had never worn armor, so he didn't even know how to move in it. Let's hold as still as we can. Pause.

**?** How prepared do you think *you'd* be to fight against Goliath right now, on your knees, with no hands, and not able to move? Invite responses from the whole group.

David seemed like the last guy on that battlefield who could fight Goliath. He couldn't wear armor, he didn't have training or experience in battle, and he was young. He was just a sheep-watching harp player!

But David had God on his side. David trusted that **God helps us.** (*Stand strong!*) David asked the soldiers about Goliath. Let's read what he said.



Read aloud 1 Samuel 17:26.

David knew that God was bigger than Goliath. How dare Goliath insult God's people like that? David didn't have training or fancy armor, but he did have important things from God.

First, David had trust—and trust can help us, too. So let's move a little. We no longer need to hold as still as statues! Go ahead and wiggle a bit, but remember to keep your hands behind your back and stay on your knees. Pause.

Here's another thing David had. God gave David courage. Unlike all the soldiers, David *didn't* feel scared! He said this.



Read aloud 1 Samuel 17:32.

God gave David courage! Let's free one of our arms. Pause.

Saul was king at the time. He thought David was being ridiculous. Here's what he said to David.



Read aloud 1 Samuel 17:33.

Remember how we said David was inexperienced because he hadn't been in an army before? Well, King Saul thought the same thing. But then David mentioned that he *did* have experience! Let's see what battles he'd fought.



Read aloud 1 Samuel 17:34-37.

**Wow! God had given David other experience to prepare him for this moment. Let's free our other hand, too.** Pause, then sigh. **That's better. Now we can do our best lion or bear impression.** Pause as everyone puts hands up and roars.

**Talk about scary! But remember, David was upset with Goliath, but he wasn't scared. That's because David had the most important tool of all: faith! David wasn't relying on himself—he had faith in God.**

**David picked up five smooth stones.** Have everyone pretend to pick up stones. **And David carried his shepherd's staff and sling over toward Goliath.** Have everyone move their arms like they're walking while remaining on knees.

**Goliath started making fun of David. But David responded with faith because he knew **God helps us.**** (*Stand strong!*) **Let's see what he said.**



Read aloud 1 Samuel 17:45-47.

**Wow! Winning a battle without weapons? David sounded so confident that he would win and that the victory would show how **God helps us.**** (*Stand strong!*) **When we trust and have faith in God, God will do amazing things through us! God helps us stand strong...so let's stand back up!** Pause.

**David took aim with his sling.** Show the Bible Story poster. **He swung, the stone flew through the air, and Goliath went down! David was able to do something amazing because **God helps us.**** (*Stand strong!*)



**Let's go! Tear down your Goliath papers.** Encourage kids as they tear down the papers and then bring the papers with them as they sit with Crews.

## The Heart of the Matter

You know, we all face giants in our lives. Things that *feel* scary and big. Maybe it's a big test at school or telling a friend you're sorry. Or perhaps someone you love is really sick or you just want people to get along. Whatever the giant, you may feel like you don't have what it takes to face that scary thing and win.

The truth is that you *can't* face it on your own. But you don't have to, because **God helps us.** (*Stand strong!*) And God can do amazing things through us. God will give us the tools we need, like trust, courage, experience, and faith.

Let's face some fears right now. On the back of your Goliath drawing, write or draw something you're scared of. When you've finished, tape your paper as high as you can reach on the wall again. If you don't want anyone to see what you wrote, just tape it facing in. Give everyone time to draw, and distribute tape when they're ready to hang their papers on the wall again.

Create an opportunity for all kids to share, but don't force kids to talk if they don't want to. Good friends have patience and are okay waiting to talk.

Let's circle up and talk about our fears in Connect Crews. Crew Guides, you share first. Then, if they want to, others can tell about their drawings, too.

- 🔍 **Tell about the fear you wrote or drew.** Invite Crew Guides to share first.
- Allow time for Crews to talk, then have everyone stand, facing their papers again.

Now, on the count of three, we'll all shout, "**God helps us!**" (*Stand strong!*) Then we'll pull our papers off the wall. Ready? One, two, three! **God helps us!** (*Stand strong!*) Encourage kids as they rip their papers off the wall, then have everyone sit down again.

God will help us face these fears. Let's pray for God to give us the tools he gave David. After I pray each sentence, you'll rip your papers one time.

God, help us trust your power. Pause to rip.

God, help us have courage because our strength comes from you. Pause to rip.

God, help us remember how you've helped us before. Pause to rip.

God, help us have faith in you. Pause to rip.

Close the prayer, and let kids keep ripping their papers.

**God helps us.** (*Stand strong!*) Have everyone throw their pieces of paper in the air like confetti. **We don't have to look big and tough. We just need to remember that God has the power, and God helps us.** (*Stand strong!*) **With God on our side, he can do amazing things through us. In fact, right now, let's see how amazingly fast we can collect our confetti!**

Now's a great time for Apply-It Options. Choose one—or both—of the following reinforcement activities to support today's Bible discoveries before the Friendship Finale.






# Apply-It Options

Choose one—or both—of these activities to support kids' learning after Bible Discovery.

## Explore More

**Supplies:** Bibles, play dough

 Distribute Bibles, and help kids find and read 2 Corinthians 4:7 together.

**In Bible times, clay jars were pretty ordinary in people's homes. They were made by hand, and they could break easily. David may have seemed pretty ordinary and weak, too, but his great power was from God, not himself.**

**We might feel ordinary, too, sometimes—like we don't have the power to really stand strong all the time. But **God helps us.** (*Stand strong!*) **God made us, and God's always shaping us and getting us ready to show his power and his love to the world. Let's think about that as we shape some clay jars.****

Distribute play dough to each person, and have them shape it into a clay pot or jar. As you create, talk about these questions.

- ? Why might some people have thought David was ordinary?**
- ? Tell about an ordinary person you know who has done extraordinary things for God.**

**God helped those people, and **God helps us.** (*Stand strong!*)** As everyone holds their clay jars in their hands, pray and ask God to fill you all with his power this week.



## Game

**Let's play a little game of Tag the Giants to see what it might have been like to be an Israelite.**

- Choose one child from every two Crews to be an "Israelite."
  - Everyone else is a "Giant."
  - Israelites will try to tag Giants—but Giants can run on their feet, while Israelites must move on their knees.
  - If a Giant is tagged, he or she must move to a wall and fall over.
  - After a little while, change all the Israelites to Davids—who can stand strong in their faith and run on both feet.
  - Play several rounds, changing roles.
- ? Describe this game when you were an Israelite. How about when you were a David?**
- ? How can you be more like David in your life?**

**Trying to be like David isn't actually about paying attention to David. It's about paying attention to the God who David trusted! It's remembering that **God helps us.** (*Stand strong!*) It means standing strong in faith and relying on God instead of yourself.**



## Supplies

- Klymer Bible Memory Buddy stickers (1 per child)
- Take-It-Home Flyers (Unit 1, Week 2) (1 per child)

# Friendship Finale



Have kids sit in knee-to-knee circles with their Connect Crews.

**Klymer, our Bible Memory Buddy, can help us remember that God helps us. (Stand strong!) You'll receive a Klymer sticker to remind you to rely on God's help this week. You can wear it now or take it home with you.**

- Have kids touch their fingertips together so their hands make a mountain, like where Klymer lives.
- Crew Guides say, "[Child's name], **God helps us**" and balance a sticker on each child's mountain.
- Crew Guides give thumbs-up when everyone has received a sticker.

**When David defeated Goliath, that was pretty amazing. And God's only Son, Jesus, defeated something even more giant: sin and death. When Jesus died on the cross and came back to life, he showed he is most powerful!**

**Now, please hold your arms out like a cross and bow your head as I read something about our friend Jesus.**

- Read the first section of the Unit 1, Week 2 Take-It-Home Flyer.
- **Now I'll give you one of these flyers to help you talk about Jesus' power in your Connect Crews and at home, too. Think of this as a practice time for talking about Jesus with your family at home.**
- Distribute Take-It-Home Flyers to Crew Guides, and have them share about their own friendship with Jesus as they discuss the "Talk Starter" question with their Crews.
- Kids share prayer requests—things they'd like to tell Jesus—in their Connect Crews.
- Connect Crews pray together.
- Crew Guides distribute Take-It-Home Flyers and follow the directions to help kids fold the paper to "fly" home. 🌈

Saying each child's name in a loving way helps kids simply experience the love of Jesus through you!

