

**Supplies:** A pair of scissors per student; at least two 3x5 index cards per student;

### OPENING PRAYER

#### TELL

- For the opening question, I'm going to ask you a question and then we'll go around the circle and say our names and then our answer to the question.
- I'll ask the question and then I'll answer first, ok?
- Here's the opening question: *What is something that you're afraid of?*

### GO AROUND THE CIRCLE

#### TELL

- During this session, we're talking about the prophets and some of the first kings of Israel.
- All of these stories that we're hearing and talking about in this Session are from the Old Testament. That means these things happened well before Jesus was born.
- Last week we read about how God told the prophet Samuel to anoint David to be the next king after Saul because Saul wasn't paying attention to God.
- This week, we're going to read about David battling Goliath. David has already been anointed, but Saul is still king. David is maybe 16 years old in this story.
- Goliath is big and he's scary. Listen for the things people are scared of in this story.

### READ 1 Samuel 17:1-5; 8-9; 11; 23b (and David heard him); 32-33; 37-49

1 Now the Philistines gathered their armies for battle; they were gathered at Socoh, which belongs to Judah, and encamped between Socoh and Azekah, in Ephes-dammim. 2 Saul and the Israelites gathered and encamped in the valley of Elah, and formed ranks against the Philistines. 3 The Philistines stood on the mountain on the one side, and Israel stood on the mountain on the other side, with a valley between them. 4 And there came out from the camp of the Philistines a champion named Goliath, of Gath, whose height was six cubits and a span. 5 He had a helmet of bronze on his head, and he was armed with a coat of mail; the weight of the coat was five thousand shekels of bronze.

8 He stood and shouted to the ranks of Israel, "Why have you come out to draw up for battle? Am I not a Philistine, and are you not servants of Saul? Choose a man for yourselves, and let him come down to me. 9 If he is able to fight with me and kill me, then we will be your servants; but if I prevail against him and kill him, then you shall be our servants and serve us."

11 When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.

23b And David heard him.

32 David said to Saul, "Let no one's heart fail because of him; your servant will go and fight with this Philistine." 33 Saul said to David, "You are not able to go against this Philistine to fight with him; for you are just a boy, and he has been a warrior from his youth."

37 David said, "The Lord, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine." So Saul said to David, "Go, and may the Lord be with you!" 38 Saul clothed David with his armor; he put a bronze helmet on his head and clothed him with a coat of mail. 39 David strapped Saul's sword over the armor, and he tried in vain to walk, for he was not used to them. Then David said to Saul, "I cannot walk with these; for I am not used to them." So David removed them. 40 Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philistine. 41 The Philistine came on and drew near to David, with his shield-bearer in front of him. 42 When the Philistine looked and saw David, he disdained him, for he was only a youth, ruddy and handsome in appearance. 43 The Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods. 44 The Philistine said to David, "Come to me, and I will give your flesh to the birds of the air and to the wild animals of the field." 45 But David said to the Philistine, "You come to me with sword and spear and javelin; but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. 46 This very day the Lord will deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philistine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, 47 and that all this assembly may know that the Lord does not save by sword and spear; for the battle is the Lord's and he will give you into our hand." 48 When the Philistine drew nearer to meet David, David ran quickly toward the battle line to meet the Philistine. 49 David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.

### ASK

- What were the Israelite soldiers afraid of? (Goliath)
- Do you think David was afraid? (hard to say)

### TELL

- One way to think about this story is to think about how someone (who is small) successfully faces his fears.
- And a major reason David is able to face his fears is because he is trusting God.
- We're going to do a number of activities that helps us to think about why trusting God helps us not be afraid.

### Activity – Wrestling match.

- Invite one of the bigger boys to come up for a wrestling match. Explain that it is a handicap match – all of him against your little thumb! The volunteer can use both hands, and all he has to do is wrestle your little thumb to the ground! (what this means is that the volunteer needs to make your thumb touch the ground. Note: As a way to protect your thumb, make a fist and keep your thumb pressed tightly against your fist.)

- After the volunteer has failed in getting your thumb to touch the ground, ask:
  - Why weren't you/he able to defeat my little thumb? (Because my thumb, small as it is, is attached to something far bigger – it is attached to me!)
- This is a good reminder that when we are trusting God, we are actually attached to God, and no matter how big our giant fears may appear, we will be able to overcome it with God's help because God is far, far bigger.

## EXPLAIN Experiment

### TELL

- Let's do an experiment that demonstrates what we were just talking about.
- Notice that I have a wooden ruler/painter stir-stick, here on the table, with half of it hanging over the edge of the table.
- Now I'm going to take a large sheet of newspaper and fold it, so that it's doubled up.
- Now I'm spreading it over the ruler so that the paper lies flat and even along the table's edge (this means that half of the ruler is sticking out over the table and the other half that is on the table is now covered with newspaper).
- Now, what I'm going to do is HIT the part of the ruler that is hanging over the table with a yard stick. (Note: You have to hit it pretty hard: But beware - the ruler/stir-stick that you are hitting is going to break).
- Question: Do you think I can make the paper go flying?

DO experiment (hit the ruler as hard as you can – let some of the kids try too)

### TELL

- The paper didn't go flying!
- The reason why is because there is about 2 tons of air pressure holding the paper in place.
- The air over the newspaper is pushing down at 15 lbs per square inch of weight on every inch of paper
- And so even though the newspaper doesn't look very strong, it's pretty effective at holding the ruler in place.
- And when we join God's team, then even though it may not seem like much at first, there's a lot of solidity that comes with paying attention to God.
- So even though there might be some breaking that happens, the ruler/we stay in place.

## Activity – “Throw some bean bags” game

### TELL

- There's another scripture passage that helps us to think about this David and Goliath story. 1 Peter 5:7 says, *“Cast all your fears on God because God cares for you.”*
- There are many giant fears that people have in their lives, e.g. another person who is giving them a hard time, a bad habit, or a fear (e.g. of the dark, nightmares, flying, dying, snakes, spiders, dogs etc.).

- So now, just like David threw a rock, we're going to cast bean bags. But we're going to pretend that these bean bags are our fears and we're casting/throwing them on to God (represented by the circles/squares).
- So we're going to play this game of tossing bean bags onto a square/circle taped onto floor.
- And we're going to toss the bean bags from here (indicate point marked by rope/string at least 10 feet away from circles).
- For the sake of competition, there are two circles. If you get a bean bag inside the smaller circle, then you get 3 points, if you get it in the outside circle, you get 1 point.

### **DO** activity

### **TELL**

- What were we pretending our bean bags were? (our fears)
- Look at where our bean bags are now.
- Where are they? (On God)
- And where are they not (On us)
- And if God has our (giant) fears, then we don't have to have them anymore and that's the good news for today!

### **CLOSING PRAYER**