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# Samson: Strength Wasted, Then Redeemed

*Scripture: Judges 13:1-16:31*

**Theme: God's gifts are for His glory, not ours**

*4th-6th Grade (Ages 9-11)*

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Free curriculum for small and rural churches

## Lesson Overview

Lesson Overview: David and Goliath , Trusting God Against Giants (1 Samuel 17:1-54) Opening Hook (Engage): Start with a fun question: "Have you ever faced a 'giant', like a tough homework assignment, a bully, or even a big fear, where you felt small and alone? Today, we'll meet David, a boy who trusted God when life felt too big for him." Hold up a smooth rock or a small toy sword to visualize David's tools. Story Recap (Connect): David was a shepherd boy living in the countryside, while the giant Philistine warrior Goliath taunted Israel every day for 40 days. His army laughed; his king, Saul, was scared. Goliath stood 9 feet tall and mocked God's people, saying, "I'll eat your meat and drink your blood!" Even the Israelite warriors shrank back. But God had a plan, He chose a small boy with a slingshot and a stone to defeat the giant. Why? Because God works in unexpected ways! Key Lesson (Teach): God doesn't always answer in the way we expect. David didn't rely on his sword or armor (which Saul tried to give him), he trusted God's power in a simple stone. His prayer was short but powerful: "You are my Rock and my fortress" (Psalm 62:2). Even when we feel tiny, God can use us to fight the giants in our lives. Personal Challenge (Apply): What's a "giant" you're facing this week? (e.g., school stress, fear of speaking up, or a sibling rivalry.) David didn't wait for perfect conditions, he took a step of faith. Ask: "How can I trust God like David today?" Share with a partner or write one way you'll rely on Him. Closing (Reflect & Encourage): End with a heart check: "Who in your life needs to hear that God sees them? How can you be a 'David' for someone this week?" Hold up a "Victory Stone" (a paper rock) for kids to hold and pray: "God, help me trust You when life feels big." Deeper Questions for Teens/Adults (Optional): - How does David's faith in God's power compare to his reliance on his brother Jonathan or Eliab (1 Sam. 17:28)? - Why might God use unexpected people (like David) to accomplish His work? Volunteer Tips: - Hands-on: Let kids "golf" with a small ball and putt into a bucket (like David's slingshot!). - Role-play: Have a "giant" (teacher in costume) taunt a "David" (volunteer) until they trust God to act. - Scripture Memory: Use the acrostic "D-A-V-I-D" for verses like "David, son of Jesse, shall become my servant" (Isa. 52:13). Theme Reinforcement: "No matter how big your problem seems, God's power is bigger!" End with a group shout-out to David's faith.

## Bible Story

David and Goliath: Trusting God Against Giants (A Sunday School Story from 1 Samuel 17)

One day, the armies of Israel and their enemy, the Philistines, were gathered in the valley of Elah. The Philistines had a giant named Goliath, who was so big and strong that no one dared face him. Every day for forty days, Goliath stood on his mountain and mocked the Israelites, shouting, "Why do you send men to fight me? Am I a dog that you bring to fight me?" His sword was as long as a pole used for carrying water, and his armor was heavy, yet no one could beat him. The soldiers of Israel shrank in fear, but the king, Saul, felt pressure to win this battle to save his kingdom.

Suddenly, a young boy named David arrived, carrying only his sling and five smooth stones. Saul had sent him to get food, but David heard Goliath's words and asked his brothers, "What will this Philistine do to get his food? He comes to defy Israel, will the king reward him when he kills him?" His brothers laughed at his dream, but David insisted, "I will go and fight him." Saul was confused, David was just a shepherd, no warrior! But God spoke to Saul, telling him, "David will put your armor to shame, for he fights not by his strength, but by the power of the Lord." David trusted God, even though no one else did.

David approached Goliath, removed his armor, and took only his shepherd's staff and a sling. He placed a stone in his hand and loosed the sling. The stone hit Goliath square in the forehead, and he fell face-first into the dirt! The Philistines ran in terror, and David became Israel's hero. The people cheered, but Saul tried to make David king right then, he couldn't believe how God worked through such a small boy!

This story reminds us that sometimes, the weakest among us can do mighty things when they trust God. David didn't rely on his own strength but on God's power. Deeper Questions: - How did David feel when no one believed in him? - Why did Goliath keep challenging Israel for so long? - When have you felt too small to do something big? How did you trust God?

Personal Application: Just like David, we can face big challenges in our lives, like bullying, fear of failure, or even feeling too small to make a difference. The key is to trust God, even when the world says we can't. What's one small thing you can do today with God's help? Let's pray together: "Lord, help me trust You, like David trusted You!"

## Key Verse

### Judges 16:28

David's Brave Words Against Goliath Have you ever faced a big challenge, like a scary task, a difficult friend, or even a giant problem, that felt impossible to solve? The story of David and Goliath in the Bible is about one boy who did just that! Goliath was a giant man who challenged Israel for days, making fun of God's people and their army. He wanted to prove himself stronger, but David had a different idea. Instead of fighting with weapons, David trusted God and said, "No matter how big the problem seems, I can face it because God is on my side!" This is a powerful reminder that God can help us even when things feel overwhelming. Why Did David Trust God? David knew Goliath was strong, but he also knew God was even stronger. When Goliath mocked them, David didn't panic or run away, he stood tall and said, "I come against you in the name of the Lord Almighty." The word "name" means that David was not fighting for himself but for God. He believed God's power would protect him, even when the odds looked unfair. That's like when you're scared to try something new, but you tell yourself, "God is with me, and He'll help me succeed!" What's something you've been afraid of trying, but you feel like God might be helping you? David's Simple Solution Goliath was armed with swords, spears, and javelins, but David carried only a sling and a few smooth stones. At first, it seemed unfair, that a small boy with little weapons would fight a giant! But David knew God's way is always the best way. He didn't rely on his own strength but trusted that God would show up to help. Think about how you might handle something small in your life. Maybe it's asking a friend to play together, sharing your toys, or asking for help with a school project. How can you trust God to be your strength, just like David did? Fighting with Faith David's words show us that we don't have to be perfect or fearless all the time, we just need faith! When things feel big and scary, we can remind ourselves: "God is with me, and He'll help me win." Sometimes, that means asking God for courage, like David did before he faced Goliath. It also means believing that even when others laugh at us (like Goliath did), God sees our heart and will support us. Have you

ever felt like God was with you in a tough situation? What did He do to help? Applying Today This verse is for all of us! Whether we're dealing with bullies, hard homework, or feeling left out, David's story reminds us that God is always there to protect and guide us. The next time you feel afraid, try saying, "I come against this challenge in the name of the Lord Almighty!", even if it feels silly at first. It might surprise you how much courage that simple phrase gives you. God loves you, and He wants you to trust Him, just like David did. What's one small thing you can do today to remind yourself of God's power?

## Activities

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### Activity 1:

1. Discuss the Challenge (3 min)
2. Read 1 Samuel 17:47 aloud and ask: "What was Goliath's big problem? How did David's faith help him?"
3. Explain that just like David, we face "giants" (fears, hard choices, bullies) but can trust God.
4. Design a "Sling Challenge" (5 min)
5. Give each group a giant paper sheet (taped together) and crayons.
6. Ask them to draw their own "giant" (e.g., a giant monster, a big problem) and their "sling" (a creative solution: prayer, a kind word, a Bible verse).
7. Encourage them to write a short prayer at the bottom like David did before fighting.
8. Compare and Share (5 min)
9. Have students share their drawings. Ask:
10. "How is your giant different from Goliath's?"
11. "What 'sling' did you use to 'throw' your giant?"
12. End with: "Who do you trust to help you face your 'giants' today?"

### Activity 2:

1. Introduce the Concept (4 min)
2. Show the Bible story and ask: "How did David know God would help him?"
3. Explain that God's promise is always true, just like He promised David, He promises to fight for us.
4. Create Stone Tokens (5 min)
5. Each student picks a smooth rock. Decorate it with markers (optional: draw a sling, a stone, or a cross).
6. On a small paper square, write a verse (e.g., 1 Samuel 17:46) or a prayer like David's: "Lord, help me trust You, even when I don't know how."
7. Share and Reflect (6 min)
8. In pairs, share their stone's meaning. Ask:
9. "What 'giant' do you have today?"
10. "What verse or prayer will you hold onto like David's rock?"
11. Close with a group prayer: "Thank You, God, for fighting for us!"
12. Notes:
13. For Stone Stones, print free designs or use rocks from outside (clean first!).
14. Adjust time if groups need more discussion.

## Discussion Questions

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- Here are four open-ended discussion questions for upper elementary students (ages 9-11) about David and Goliath, designed to spark deeper reflection on faith, courage, and trusting God in big or scary situations:

- 1. How does David's choice to trust God instead of his own strength compare to what you think you would have done in the same situation?
- (Deeper connection to personal application)
- Think about times you've felt like a "giant" facing something big, like a scary test, a new friend who's different, or even a big decision. How might God be asking you to trust Him in those moments, even when it's hard? Why do you think David was able to stand up to Goliath the way he did? What might God want you to do when you feel too small or scared?
- 2. David wore regular clothes to face Goliath, while everyone else was dressed in armor and weapons. What do you think that tells us about how God works?
- (Connects the story to God's character)
- David didn't rely on human strength or clever tricks, he just believed in God's power. How does it make you feel when you think about God working in ways that don't always look "logical" or "perfect"? Have you ever felt like you were the "David" in your life, small, outnumbered, or outmatched? What was one thing God helped you trust Him with, even when it was scary?
- 3. Goliath was a huge, fearsome warrior, but David said, "You come to me with a sword, spear, and javelin... but I come to you in the name of the Lord Almighty." What does that phrase mean to you, and why do you think it mattered so much to David?
- (Encourages reflection on faith and words)
- David didn't just say this, he believed it! The name of the Lord Almighty isn't a magic word, but it's a promise that God is stronger than any enemy. If you could pray that kind of line to God right now, what would you ask Him to help you trust in His power? What's a "giant" in your life right now (a fear, a challenge, or even a habit) that you need to surrender to Him?
- 4. After David killed Goliath, the Israelites cheered, but the story doesn't end there. What do you think happened next, and why do you think David's victory had a bigger meaning than just defeating one enemy?
- (Encourages deeper biblical understanding and application)
- David's victory was just the beginning of God's work in the Israelites' lives. He showed them that God could use a small person like David to do big things. If God is always working behind the scenes, how can you help Him use you to make a difference, even in small ways? What's one "small thing" you can do this week to trust God and follow His plan, even if it doesn't look like a giant battle?
- These questions encourage students to connect the story to their own lives, ask tougher questions, and reflect on how their faith can grow in times of fear. Would you like any of them adjusted for a specific focus (like kindness, courage, or prayer)?

## Prayer Focus

*Here's a prayer focus for your lesson on David and Goliath, designed to help upper elementary children reflect on trusting God even when facing big challenges: "Dear God, Today we're learning about David, a young boy who felt small but stepped out in faith to face Goliath, the giant who made everyone afraid. We often feel like giants, whether they're big problems, big fears, or big doubts in our hearts. But like David, we can remember that You're bigger than any challenge we face. Help us trust You, even when it feels scary, just like David trusted You to help him. Teach us to speak Your truth, stand up for what's right, and fight with our faith, not just our strength. Amen. Personal Reflection Questions: - What's a "giant" you've faced this week, something that made you feel small or afraid? - How did David's faith help him overcome Goliath? What can we learn from his story? - Where do we need to trust God more, like David did? Class Prayer Together: "Lord, help us to see our problems as opportunities to grow in faith. When we feel weak, remind us of Your power. Give us courage like David to take a step forward, even when others doubt us. Amen." This keeps the prayer simple, heartfelt, and tied to the lesson while leaving*

*room for deeper reflection and application.*

### >> Missions Spotlight

The churches in North Korea face enormous persecution, a true giant. Underground church members risk everything to follow Jesus. David's story encourages them that the battle belongs to the Lord, even against the most powerful enemies.

### -> To the Cross

David faced Goliath in the name of the Lord. We face a giant too, sin and death. And just as God delivered David, God has delivered us through Jesus, who defeated the giants of sin and death on the cross. Our victory is already won.