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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

PreK-K (Ages 3-5)

Free curriculum for small and rural churches

Lesson Overview

Lesson Overview: David and Goliath , Trusting God Against Giants Giant vs. Small Boy (First Twist!) Imagine a huge giant named Goliath, so big he could scare everyone! But God loved David, a little boy with a sling and a stone. Even when Goliath laughed, David trusted God, who said, "I'll help you!" The story shows that God doesn't need big bodies, He needs brave hearts. The Stone and the Victory When Goliath stood tall, David prayed and asked God for courage. He picked one smooth stone and threw it, PING!, and Goliath fell! The crowd cheered, and David became a hero. God's power is like a giant shield, small hands can fight with Him! Wonder and Repetition Ask kids: "How did David trust God?" (He believed God would help!) God works in big and small ways, like when you ask Him for courage. Repeat: "With God, no giant is too big!" Let them shout: "Trust God today!" Closing Encouragement End with a cheer: "God's love is like a big hug, even for giants!" Let them share how they trust God in their own lives. Keep it lively, sing a simple song, and end with a hug!

Bible Story

David and the Giant: A Brave Little Hero

Once, a long time ago, there was a big war between two armies. One army had a giant named Goliath who kept shouting, "Why do you come out and fight? I'll defeat you and eat your meat!" The soldiers of Israel kept shaking in fear. But God heard their hearts and whispered, "Don't be afraid, I'll help you!"

One day, King David, who was just a young shepherd, heard about Goliath. He didn't have armor or a big sword, only his trust in God. So he ran to meet the giant, holding only a slingshot and a few stones. Goliath laughed, "I'll make fun of you!" But David didn't flinch. He prayed to God and said, "You are my strength!"

With one smooth swing, David's stone hit Goliath's forehead! The giant fell down, and David ran to finish him off. The soldiers cheered, "God has saved us!" And from that day on, they knew He could help them no matter what.

This story reminds us that God doesn't always use big, strong warriors, He uses brave little hearts who trust Him. No matter how big the challenge, if we ask for His help, He will guide us! "The Lord helps those who hope in Him!"

Key Verse

Judges 16:28

God's Mighty Shield! God is so strong and brave! Even when bad people use swords and shields, God helps us. He fights for us with His mighty name, the name of the Lord. God's name is like a superhero power! It makes the bravest people brave, and it keeps us safe. When we trust in God, He is always with us, just like a hug from a big, kind friend! Remember: God's name is strong and true. It can protect us from fear and make our hearts feel brave, just like a little warrior! Now let's say it together: "God fights for us with His name, what a mighty name!"

Activities

Activity 1:

Kids build mini armor (like David's) and race to "defend" a giant paper figure, showing how God protected David through him, not despite him!

1. Read Together: Ask the kids, "Who was Goliath? Who was David?" (Read 1 Samuel 17:47, 50 together.) Say, "David trusted God, just like you can trust Him today!"
2. Giant Showdown: Hand each child a Goliath cutout and a foam stone. Say, "Goliath is big, but David had a rock, and God helped him!" Let them take turns "throwing" their stone at the giant's face.
3. Worship Craft: Give each child a folded paper tube to decorate as their "sling." Say, "Just like David's sling, you can trust God with your worries!" Glue on their rock and color it.
4. Pray Together: End with a simple prayer: "Dear God, help us trust You like David did. Amen!"
5. "God's Mighty Hand: Giant Armor Challenge"
6. Story Time: Share 1 Samuel 17:46, 47: "David said, 'I'll fight Goliath!'" Ask, "How did David do it? God gave him strength!"
7. Armorer Training: Let kids glue or tape cardboard tubes into "armor" (like David's coat) for their Goliath. Say, "Just like David wore armor, we wear God's strength!"
8. Race the Giant: On your signal, have them "attack" the giant with a toy spear. Cheer when they hit it, "Great job trusting God!"
9. Reflect: Ask: "How can you be brave like David today?" Write their answer on a sticky note and stick it to their "armor." End with: "God is always with you!"

Discussion Questions

- Here are four open-ended discussion questions for preschool and kindergarten children, based on the lesson "David and Goliath , Trusting God Against Giants":
- Who was David and what did he do differently compared to Goliath?
- Imagine you are David. Goliath is huge and scary, and he keeps making fun of everyone. How did David feel? What did he think about when he looked at Goliath? What made David trust God so much that he still wanted to fight?
- Why do you think God chose David to fight Goliath?
- Sometimes, when we see someone who is bigger or stronger than us, we feel small or afraid, just like the soldiers did. What do you think God wanted David to learn about trusting Him? How can you trust God when you feel like a giant is in front of you?
- What happened when David went to fight Goliath?

- David carried a little stone in his pocket, but Goliath was huge. How did David use what he had to be brave? What did he do first before even taking a step toward Goliath? What kind of courage does it take to stand up for what is right, even when it seems hard?
- How can we be like David today?
- In our lives, there might be times when we feel small or scared, like when we're learning something new, or when someone is bigger or stronger than us in some way. How can we trust God just like David did? What can we do to show our faith and bravery, even when it's difficult? Can you think of a time when you felt brave because you trusted God?

Prayer Focus

Prayer for Trust and Courage (David and Goliath Lesson) Dear God, We thank You for the big and small things in our lives. When we feel small or afraid, like David did when Goliath was so tall, we trust You! You are stronger than any giant, You love us, You protect us, and You give us courage. Help us to remember that You are always with us, just like You were with David. God, You made us wonder and brave! When we see things that are too big or scary, remind us that You see us too. Help us to ask You for help, like David asked for his brother's sword. Let us trust in You even when we don't know what to do next. Fill us with Your love and make us feel safe in You. God, You are our giant's strength! Just like David took one step at a time, help us to take one step of faith at a time. Show us how to stand tall with You, like David stood tall with You. Teach us that You can turn our fears into courage, and our doubts into trust. Amen! Wondering? Wonder how big Your love is! God, You are always bigger than our problems, bigger than our giants, and bigger than our fears. Help us to keep looking up to You, like David did. Let us remember: You are with us, and You will always win! Thank You!

>> 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.