

## David and Goliath: Being Brave When It's Hard

*Thank you so much for participating in Sunday School this week! This lesson plan is meant to be more of a guide than a rigid structure, so you can omit and add to this lesson as you'd like. If all you have time for is to show your children the video, then that's great! These times are incredibly stressful and you are doing the best you can. Please let us know at [children@ashlaneumc.org](mailto:children@ashlaneumc.org) if you have any questions or need help.*

Lesson Purpose: To teach kids the story of David and Goliath and show that God is with you and will help you when you have to be brave.

Learn: Read 1 Samuel 17:12-25, 41-50, read the story of David and Goliath out of an age-appropriate children's Bible, and/or watch this two-minute video: <https://vimeo.com/58576762> (Although this video was produced for children, given the somewhat graphic nature of the story, we recommend parents watch the video first to determine if it is appropriate for your child.)

### Questions:

- Why did David go to the battlefield?
- Who was threatening the Israelites?
- Why did David have to be brave?
- How was David able to be brave?
- (For older kids) David would later become king after Saul, the king in this story. Does that surprise you? Why or why not?

### Activity: How Tall?

Supplies: Tape measure that is at least 9ft long, tape or some sort of way to mark 9 feet

Instructions: Find a place where you can measure out nine feet. Mark each end of the tape measure with tape or another object. Ask them, "How big does nine feet look?" Now have your child(ren) lie down with their feet on one tape mark, and mark where their head is. Have them stand up and compare how big they are to how big Goliath was. Ask them, "Would you have been scared too if you faced Goliath? Do you think you could have been as brave as David?"

Prayer (Younger Kids): God, thank you for being with David and helping him be brave as he faced Goliath. Please help us to be brave when we need to be. Amen.

Prayer (Older Kids): “Be near me” breath prayer. Breath prayers are short prayers that can be said “in a breath,” often in your head while you taking a slow breath in, or out loud as you exhale slowly. They are a good way to help you focus when you are stressed, and to help you calm down if you are anxious or angry. One of the most traditional breath prayers is “Be near me.” When we need to be brave, we can ask God to be near and know that God is helping us to be brave!

### Craft: Courage Stones

Supplies: Sharpies or paint to decorate stones

Instructions: Head outside and try to find the smoothest stone you can. When you come back inside (or stay outside if it’s nice!) decorate the stone in a way that reminds you that God is there and will help you to be brave. Maybe it’s writing “God” or “Brave” on the stone, maybe it’s drawing a heart to remind you that God loves you, whatever it is! Once the stone has dried, place it somewhere where you can look at it to remind you that God is with you.