



GROUP ACTIVITY

David and Goliath

BIG IDEA: God is with us and gives us strength, so we can stand up to our fears.

BIBLE BASIS: 1 Samuel 17

KEY VERSE: "So do not be afraid, I am with you. Do not be terrified, I am your God. I will make you strong and help you. I will hold you safe in my hands." Isaiah 41:10a (NirV)

Supplies: Paper bag, markers, and scrap pieces of paper

Say: Today we heard the story of David and Goliath. How a small boy stood up to a 9-foot giant with armor and weapons and said, "God is on my side!" God is with us and gives us strength, so we can stand up to our fears. He helped David stand up to his fears and He can help you stand up to your fears too! Let's do an activity to help us remember that God gives us strength to stand up to our fears.

Directions: Together, have everyone come up with different situations or things that they or other kids might be afraid of and write them on the paper bag. (i.e. darkness, storms, dying, new situations, doctor visits, flying on an airplane) After you have covered the bag with their ideas, set it about 10 feet away from the group. Then have everyone take a scrap piece of paper and write on it, "I can stand up to my fears." Then have them crumple the paper and take turns throwing it at the paper bag to knock it over. When they throw the paper have them say, "God is with me, so I can stand up to my fears!"

Question: When was a time you needed God to give you strength? Tell us about it. Did you ask God for strength?

Question: What is something you need God's strength for in your life right now so you can have to courage to stand up to it? (This is a great time to close in prayer and pray specifically for the kids in theses situations.)