David and Goliath *Bible lesson*

1 Samuel 17 · 30-minute core or 60-minute full lesson



BIG IDEA

God is bigger than any giant.

MEMORY VERSE · 1 SAMUEL 17:47 BSB

“The battle is the LORD’s.”

LESSON AT A GLANCE

0–6	**Welcome** · Five-stone toss	
6–10	**Hook** · How tall was Goliath?	
10–20	**The Story** · The Story	●
20–30	**Talk** · Talk	●
30–35	**Memory Verse** · Memory Verse	●
35–40	**Sing** · Sing	
40–50	**Activity** · Five-stone review	
50–55	**Respond** · Giant journal	
55–60	**Pray & Send Home** · Pray & Send Home	●

● Core step. Teach just these for the 30-minute version.

Leader prep

Bible background

Israel's army and the Philistine army were camped on two hills with the Valley of Elah between them. For forty days a Philistine champion named Goliath, about 9 feet tall, challenged Israel to send one man to fight him. Nobody went, not even King Saul (1 Samuel 17:1–11, 16).

David was the youngest of Jesse's eight sons, a shepherd who had already been anointed as Israel's future king (1 Samuel 16). Sent to bring food to his brothers, he heard Goliath mock God's army and offered to fight. He trusted God because God had already helped him rescue his sheep from a lion and a bear (17:34–37).

David refused Saul's armor, took his sling and five smooth stones, and told Goliath that he came "in the name of the LORD" so that everyone would know "the battle is the LORD's" (17:45–47). The point of the story is not that small people can beat big problems by being brave. It is that God saves His people, and David trusted Him.

Where is Jesus in this story?

David went out alone to face the enemy that everyone else was too afraid to fight, and his win became the whole army's win. Hundreds of years later Jesus, born into David's family, faced our biggest giants, sin and death, all by Himself. He won, and His win becomes ours when we trust Him.

Supplies

- 5 smooth stones (or 5 balls of crumpled gray paper)
- Tape measure and masking tape
  Prep: Mark 9 ft 9 in on a wall before class.
- Soft balls or paper balls and a laundry basket
- Paper and pencils
- Printed story cards, verse poster, coloring pages and parent pages
  Prep: Print from the Printables section.
- A screen for the story video (optional)

Questions kids might ask

"Did David kill Goliath? Is that OK?"

Yes. It was a real battle between two armies, and God used David to protect His people. Be honest and calm. The story isn't teaching kids to fight people; it's teaching them that God is strong and keeps His people safe.

"Was Goliath a real giant?"

He was a real man, but a very, very tall one, about 9 feet. That's taller than a basketball hoop.

"I prayed, but my giant didn't go away."

Sometimes God takes the hard thing away, and sometimes He stays with us in it and makes us brave. Either way we are never alone. Help the child name a grown-up they can tell.

“Why didn’t David wear the armor?”

It was too big for him, and he didn’t need it. He trusted God, not armor, to keep him safe.

If a child shares something serious

When kids share their “giants,” some may mention something serious, like someone hurting them or a big fear at home. Listen, thank them for telling you, and don’t promise to keep it secret. Tell your ministry leader the same day and follow your church’s child-safety policy. Some kids in the room may have lost someone, or have someone sick at home. Watch for kids who go quiet or upset, sit with them, and let their parent know after class. Never promise that sick people always get better; say that Jesus is with us when people are sick, and one day He will make everything well, forever.

Teach it

SAY read aloud DO leader action KIDS SAY call and response

1 Welcome 6 min

Full lesson

Five-stone toss

DO Tape a big circle on the floor about 8 feet from a line. Kids take turns tossing five paper-ball “stones” into the circle (or a laundry basket).

SAY You get five stones, just like a shepherd boy in today’s story. How many can you land?

> Keep it quick and cheer for every throw. The goal is energy and connection, not winners.

2 Hook 4 min

Full lesson

How tall was Goliath?

DO Point to the tape mark you made on the wall at 9 feet 9 inches. Invite the tallest kid (or leader) to stand next to it.

SAY This is how tall the man in today’s story was, about 9 feet 9 inches. Taller than a basketball hoop! Imagine him walking out every morning and shouting at a whole army. Who would you send to fight him?

3 The Story 10 min

Core

DO Play the David and Goliath story video (4 min), or read it aloud with the 8 story cards.

SAY Listen for the reason David wasn't afraid. I'll ask you about it after.

DO After the video, have kids open their Bibles to 1 Samuel 17:45–47. Ask a confident reader to read it aloud (or read it yourself).

SAY David told Goliath, "I come against you in the name of the LORD." And he said the battle is the LORD's. David knew this fight wasn't really his. It was God's.

KIDS SAY **The battle is the LORD's!**

4 Talk 10 min

Core

Why wasn't David afraid of Goliath?
Listen for: He trusted God. He remembered God helping him with the lion and the bear, and he knew the battle belonged to God.

Why did David take off King Saul's armor?
Listen for: It didn't fit, and he didn't need it. He was trusting God, not armor.

What feels like a giant to you right now?
Listen for: Anything that feels too big: a hard test, a new school, a friendship problem, being afraid.

How does God help us when something feels too big?
Listen for: He is with us, makes us brave, and gives us people to help. We can talk to Him anytime.

OLDER KIDS Read 1 Samuel 17:34–37. How did David's past with God help him trust God now? Where do we see Jesus in this story? (Jesus, from David's family, faced our biggest enemies, sin and death, alone, and won for us.)

5 Memory Verse 5 min

Core

DO Write the verse on a whiteboard or hold up the poster. Teach the motions.

> **“The battle is the LORD’s.”**
>
> 1 Samuel 17:47 · BSB

MOTIONS

- **The battle** Make two fists and hold them up, like you’re ready.
- **is** Open your hands.
- **the LORD’s.** Point both hands up to the sky.

PRACTICE IT THREE WAYS

1. Say it with motions.
2. Disappearing words: erase or cover one word at a time until kids say it from memory.
3. Say it fast, then slow, then in a whisper.

6 Sing 5 min

Full lesson

> The Little Lantern song for this story is coming soon. For now, sing a favorite worship song about God’s strength.

7 Activity 10 min

Full lesson

Five-stone review

DO Split into two teams. Ask a review question; the first team to answer correctly tosses a stone into the basket. First team to five stones wins.

How many days did Goliath shout at Israel?
Listen for: Forty.

What two animals had David fought before?
Listen for: A lion and a bear.

What did David take instead of armor?
Listen for: His staff, his sling and five smooth stones.

Whose battle was it, according to David?
Listen for: The LORD's.

Finish the big idea: God is bigger than…
Listen for: Any giant.

> Prefer a quieter room? Hand out the mini-book or a coloring page instead.

8 Respond 5 min

Full lesson

Giant journal

DO Kids write or draw: "My giant is ____. God is bigger because ____."

OLDER KIDS Write a two-sentence prayer asking God for courage with your giant.

9 Pray & Send Home 5 min

Core

DO Pair kids up. Each one tells their partner their giant, then prays one sentence for them: "God, help ___ be brave with ___."

SAY Close: God, thank you that the battle is yours. Help us trust you with our giants this week. In Jesus' name, amen.

DO Hand out parent pages.