

MAIN LESSON, ACTIVITY & DISCUSSION QUESTIONS

**David and Goliath: Trusting God, Not Fear**

Ages 5 to 11 | Read Aloud Lesson | Scripture Centered | Christ Centered

**SECTION 1 LESSON OVERVIEW**

<b>Week:</b>	27
<b>Date:</b>	Sunday, July 5, 2026
<b>Lesson Title:</b>	David and Goliath: Trusting God, Not Fear
<b>Primary Scripture:</b>	1 Samuel 17
<b>Bible Timeline:</b>	Right after God anoints David through Samuel in 1 Samuel 16, before David rises in Saul's court in the chapters that follow.

**BIG IDEA**

**We do not have to be afraid, because the battle belongs to God, and God always sends someone to win it.**

**SECTION 2 OPENING BIBLE FOUNDATION**

Before we step into today's account, let's remember something wonderful about the book in your hands right now. The Bible is not just one book. It is sixty six books, written by more than forty different people, across many years and many places. Shepherds wrote parts of it. Kings wrote parts of it. Yet every single page tells one true, unified account, because God Himself is the true Author standing behind every human writer. Today's account sits in the middle of that big story, in the days after Israel's first king Saul began to fail, and right as God was preparing the next king, a shepherd named David, to step onto the stage. Every part of this true account, like every part of the Bible, points us forward to Jesus.

**SECTION 3 MEMORY VERSE**

MEMORY VERSE

**1 Samuel 17:47**

*The battle is the LORD's.*

That short sentence means something big. It means that when God's people face something they cannot defeat on their own, the win still belongs to God, not to how strong or brave anyone feels. Let's

practice it together. I will say it, then you repeat it back to me. The battle is the LORD's. One more time, a little louder. The battle is the LORD's. Hold on to those words, because we are going to hear them again in the middle of today's true account, right when they matter most.

#### SECTION 4 SETTING THE SCENE

Last week we watched God choose David, a young shepherd, to be Israel's next king, even while everyone else assumed it would be one of his older, stronger looking brothers. David was anointed in secret. The army did not know it yet. Today we leave the quiet pasture behind and walk straight onto a battlefield. We are in the Valley of Elah, between two armies camped on opposing hills, Israel on one side and the Philistines on the other. For forty days, nothing happens except fear. As we listen today, listen closely for who actually wins the battle, and listen for whose name gets the credit at the end.

#### SECTION 5 MAIN LESSON NARRATIVE

Imagine standing on top of a hot, dusty hill. Below you stretches a wide valley. On the other side, another hill rises, covered with enemy soldiers. For forty straight days, the armies have done nothing but stare across that valley at each other. Nobody attacks. Everyone waits.

Then a voice booms across the valley, so loud it seems to shake the ground. It is the voice of a giant.

His name is Goliath, and he stands almost nine feet tall. That is taller than your classroom ceiling. His armor alone weighs about one hundred twenty five pounds, more than most grown men. The tip of his spear weighs fifteen pounds all by itself. Every single day, he marches into the valley and shouts the same dare. Send me a man to fight. If he wins, we will serve you. If I win, you will serve us (1 Samuel 17:4 to 9).

Can you imagine how that would feel? Every soldier in Israel's army hears that shout and freezes. Not one of them steps forward. For forty days straight, fear wins the battle before it even starts (1 Samuel 17:11, 16).

Before we go further, let's remember where we left off last week, because it matters. God looked past what people usually notice on the outside and chose David, a young shepherd from Bethlehem, to be Israel's next king. Samuel anointed him in secret, and the Spirit of the LORD came on David in power. Nobody in this frightened army even knew yet. David was still out with the sheep.

Our memory verse this week comes from right in the middle of this very battle. David says, the battle is the LORD's, from 1 Samuel chapter seventeen, verse forty seven. Let's say that together now, so we have it ready. The battle is the LORD's. Once more, a little louder. The battle is the LORD's. By the end of today you will understand exactly why David said it, and exactly why it matters for you too.

Let's go back to that valley. It is called the Valley of Elah, and it sits between two hills near towns called Socoh and Azekah. This was real ground in a real place, the kind of border land where Israel and the Philistines often clashed. The Philistines lived along the coast and carried stronger weapons made of iron, while Israel's army was mostly farmers and shepherds who picked up swords only when trouble came. That is part of why Goliath's challenge worked so well. He was not bluffing. He really was that big, and he really was that dangerous.

While the army keeps shaking where they stand, David is miles away, still doing ordinary shepherd work. His father Jesse sends him on an errand. Go check on your brothers. Bring them some bread and cheese. Find out how the battle is going. So David walks toward the camp carrying lunch, not a sword (1 Samuel 17:17 to 20).

The moment David arrives, he hears it. Goliath's daily shout. And he sees something that troubles him deeply. Grown soldiers, men who are supposed to protect God's people, standing frozen in fear. David asks a simple, pointed question. Who is this Philistine, that he should defy the armies of the living God (1 Samuel 17:26)? Notice what David is actually upset about. He is not mainly worried about losing a fight. He is upset that Goliath is insulting God, and nobody is doing anything about it.

His oldest brother Eliab does not appreciate the question. He snaps at David, accusing him of just wanting attention and abandoning the sheep (1 Samuel 17:28). Have you ever said something true and had someone close to you brush you off or get upset instead? That happened to David too. But David does not let Eliab's harsh words stop him.

Word about David's question eventually reaches King Saul, and Saul sends for him. Picture that conversation. The king of Israel, sitting across from a shepherd boy, and the boy is the one offering to fight the giant. Saul probably wonders if David has lost his mind. But listen to what David actually says. He does not say, I am strong enough. He does not say, I am not afraid. He says something completely different. He says the LORD, who delivered him from lions and bears while he was protecting his sheep, will deliver him from this Philistine too (1 Samuel 17:34 to 37). David's confidence was never about David. It was about who God had already proven Himself to be.

Saul tries to help in the way that makes sense to him. He puts his own armor on David, his own helmet, his own sword. But it is too big, made for someone else's body and someone else's battle. David takes it off. Instead, he picks up the only weapon he actually knows how to use well, a sling and five smooth stones (1 Samuel 17:38 to 40). Now, do not picture a toy. A shepherd's sling was a real weapon, used to drive off animals that wanted to eat the sheep. David had probably used it for years to protect his flock. He was not unarmed. He was simply armed with something nobody expected.

Here is where the scene becomes almost unbelievable. David, a teenager with a stick and a sling, walks down into the valley toward a giant covered in bronze. Goliath looks at him and laughs. He insults David, calling him a boy, daring him to come closer so he can feed his body to the birds (1 Samuel 17:42 to 44).

Listen carefully to David's answer, because this is the exact moment our memory verse comes from. David says, you come to me with a sword and a spear and a javelin, but I come to you in the name of the LORD of hosts. This day the LORD will deliver you into my hand, that all the earth may know there is a God in Israel, and that all this assembly may know the LORD does not save with sword and spear, for the battle is the LORD's (1 Samuel 17:45 to 47). Did you hear it? The battle is the LORD's. Let's say it together one more time. David was not just acting brave. He was telling the plain truth about who actually wins battles like this one.

Then it happens fast. David runs toward Goliath. He slings one stone. It flies straight into Goliath's forehead, the one part of his body left uncovered, and the giant falls face down on the ground (1 Samuel 17:48 to 49). David runs up, takes Goliath's own sword, and finishes what God had already decided. When the Philistine army sees their champion fall, they panic and run, and the Israelite army chases

after them (1 Samuel 17:50 to 53).

Now, some of you might be wondering something right now, and it is a completely fair question. Did this really happen? Was Goliath truly that tall? Here is something worth knowing. The Bible does not describe Goliath the way a made up story would. It gives specific, careful numbers, his height, the weight of his armor, the weight of his spear point. Real history gets written with details like that. The rest of the Bible keeps treating this event as something that truly happened, because it did. God does not need us to pretend a fairy tale is true. He has given us an account we can trust.

Here is the part we have to be very careful about, because it is so easy to get wrong. It would be easy to walk away today thinking the lesson is simply, be brave like David. But that misses something important. Think about where you would actually be standing in this account. You would not be standing next to David with a sling in your hand. You would be standing back with the rest of the frightened army, watching, unable to fight the giant yourself, needing someone else to win the battle for you.

That is exactly the point.

Israel could not save themselves from Goliath. They needed a deliverer to do what they could not do, and then share that victory with them. David did not just win a private fight. His win became their win. They did not lift a single sword against Goliath, yet they shared completely in his defeat.

Do you know who else was born in Bethlehem, just like David? Jesus. And do you know what giant Jesus came to defeat? Not a Philistine warrior. Something far bigger. Sin and death, the enemies none of us could ever defeat on our own, no matter how brave or strong we tried to be. We do not face Goliath. We face something worse, and none of us can fight our way out of it. But Jesus did not just help us fight. He went out alone, faced the full weight of sin and death on the cross, and won completely. Then He rose from the dead to prove it. His victory becomes our victory the same way David's victory became Israel's. Not because we earned it. Not because we tried hard enough. Because He fought it for us, and everyone who trusts Him shares in what He has already won.

This is so important, let's say our memory verse again. The battle is the LORD's. That was true for David in that valley, and it is true for you right now, today, in whatever is making you afraid.

Maybe your giant does not have armor and a spear. Maybe your giant is being scared of the dark, or worried about a test, or feeling left out, or being afraid for someone you love who is sick. Whatever it is, here is the truth God wants you to carry home today. You do not have to defeat your giant by yourself. The battle is the LORD's. You can bring it to Him in prayer. You can trust Him the way David trusted Him, not because you are brave enough, but because God has already proven, again and again, that He fights for His people.

And one more thing before we move on. This part of the Bible shows us one God doing one mighty thing, but the whole Bible helps us see Him even more clearly. The same God who delivered David from lions, from bears, and from Goliath is the Father who sent His own Son to fight for us completely, and the same Spirit who gave David courage that day lives in everyone who trusts Jesus, giving us courage too. One God, Father, Son, and Holy Spirit, faithful from David's valley all the way to today.

So when fear shows up, and it will, remember David standing in that valley with nothing but a sling and a true word from God. Remember that his win was never really about his own strength. And remember

that Jesus, the true Champion from Bethlehem, already won the battle that matters most, so that you never have to face it alone.

The battle is the LORD's. Let's say it together one final time before we keep going.

## SECTION 6 WHY WE CAN TRUST GOD'S WORD

This true account gives us careful, specific details, Goliath's height, the weight of his armor, the weight of his spear, and the names of real towns like Socoh and Azekah. That is how real history gets written, not how legends get told. The rest of Scripture keeps treating this moment as something that truly happened, because it did. If something in this account ever feels surprising to you, that is alright. God welcomes honest questions, and His Word can handle them.

## SECTION 7 WHAT THIS SHOWS US ABOUT JESUS

David, the unexpected deliverer from Bethlehem, went out alone to win a battle the people could never win, and then shared that victory with everyone who trusted him for it. Centuries later, another deliverer was born in that same town of Bethlehem. Jesus lived a perfect life, faced the full weight of sin and death on the cross in our place, and rose again on the third day to prove He had truly won. Anyone who turns to Jesus and trusts Him receives His victory as their own, completely and freely, the same way Israel shared in David's win without lifting a single sword.

### THE GOOD NEWS

**Jesus lived without sin, died for sinners, and rose again, so everyone who trusts Him can be forgiven and share His victory forever.**

## SECTION 8 GOD REVEALED AS TRINITY

This part of the Bible does not show us the Father, Son, and Holy Spirit acting separately the way some other passages do. But the same God at work in this valley is the one true God we meet fully across the whole Bible, Father, Son, and Holy Spirit. God the Father sent His own Son to fight the battle we could never win. God the Son, Jesus, won it completely on the cross. God the Holy Spirit lives in everyone who trusts Jesus, giving the same kind of courage David carried into that valley. One God in three Persons, faithful from beginning to end.

## SECTION 9 LIFE APPLICATION

Maybe this week your giant looks like a hard test, a friendship that feels shaky, a fear of the dark, or worry about someone you love. This account reminds us we do not have to face those things by pretending to feel fearless. We can pray and remind ourselves, the battle is the LORD's. We can ask a parent, a teacher, or a pastor to pray with us. And most of all, we can remember that Jesus already won the battle that matters most, so we are never facing our fears completely alone.

## SECTION 10 DEFENDING THE TRUTH

### 1. Someone might say, that story sounds too big to be true. What do I say?

You can say that the Bible gives real, careful details, like Goliath's exact height and the weight of his armor, the way true history gets written rather than the way legends get told.

**Scripture to remember:** *1 Samuel 17:4 to 7*

**How to say it kindly:** I trust God's Word even when a part of it sounds surprising, because God has never lied to me.

### 2. Someone might say, the lesson here is just to be brave like David.

You can say that the account is really about how God sent someone to win a battle the people could never win themselves, the same way Jesus did for us.

**Scripture to remember:** *1 Samuel 17:47*

**How to say it kindly:** It is not about being brave enough. It is about trusting the One who fights for us.

## SECTION 11 DISCUSSION QUESTIONS

### Core Questions for All Ages

#### 1. What was the army's big problem before David arrived?

Every soldier, including the king, was too afraid of Goliath to fight him, so the whole army stood frozen for forty days. *1 Samuel 17:11*

#### 2. Why did David believe he could face Goliath?

He trusted that the same LORD who helped him fight off lions and bears while shepherding would help him face this Philistine too. *1 Samuel 17:37*

#### 3. What did David say to Goliath right before the fight?

He said he came in the name of the LORD of hosts, and that the whole earth would know there is a God in Israel. *1 Samuel 17:45 to 46*

#### 4. What weapon did David actually use, and why was that surprising?

He used a sling and a stone, a shepherd's tool, instead of a sword or armor, which surprised everyone watching the fight. *1 Samuel 17:40, 49*

#### 5. What does our memory verse tell us about who really won the battle?

It tells us the battle belonged to the LORD, not to David's own strength or skill. *1 Samuel 17:47*

### Optional Deeper Questions

#### 6. Why is it not quite right to say the lesson of this account is just to be brave like David?

Because we are not David in this account. We are the frightened people who needed someone else to fight for us, which points us straight to trusting God instead of trying to be strong enough ourselves. *1 Samuel 17:11; John 3:16*

**7. How does David remind us of Jesus?**

David, small and from Bethlehem, won a battle the people could not win and shared his victory with them, just as Jesus, also from Bethlehem, won the battle against sin and death and shares His victory with everyone who trusts Him. *Micah 5:2; Romans 5:8*

**8. What can you do when you feel afraid of something that seems too big, based on this account?**

You can remember that the battle belongs to the LORD, bring it to Him in prayer, and ask for His help instead of trying to handle it completely on your own. *1 Samuel 17:47; Philippians 4:6 to 7*

**9. Eliab spoke harshly to David. What can we learn from how David responded?**

David did not let an unkind word from someone close to him stop him from trusting God and doing what was right. *1 Samuel 17:28 to 29*

**SECTION 12 HANDS-ON ACTIVITY**

<b>Activity Name:</b>	Five Smooth Stones
<b>Purpose:</b>	Helps children remember that ordinary things trusted to God can accomplish big things, and that the battle belongs to the LORD.
<b>Supplies:</b>	Five small smooth stones per child, or five paper stone cutouts. Permanent marker or crayon. One small bag or envelope per child.
<b>Time Needed:</b>	15 to 20 minutes.
<b>Preparation Before Class:</b>	Gather or pre cut five stones per child. Have one small bag or envelope ready for each child.

**Step by Step Instructions**

1. Give each child five stones or stone cutouts and a bag.
2. Remind children that David's stones were ordinary, just like these. Talk about how David trusted God with something small and plain.
3. Invite each child to write or draw one thing they feel afraid of or worried about on each stone, with help from a teacher if needed.
4. Have children place their stones in their bag as a reminder to bring those fears to God in prayer this week.
5. Close together by saying the memory verse aloud one more time while each child holds their bag of stones.

<b>Scripture Connection:</b>	1 Samuel 17:40, 47
<b>Debrief Questions:</b>	What is something that feels like a giant in your life right now? Who are you trusting with that giant?
<b>Adapt for Younger Children:</b>	Pre cut paper stones, have a teacher write a single word or draw a simple picture for the child.
<b>Adapt for Older Children:</b>	Invite them to write a short prayer on the back of one stone or in a notebook, and reflect quietly before sharing.

**SECTION 13** OPTIONAL REVIEW GAME

<b>Game Name:</b>	The Battle Is the LORD's Toss
<b>Purpose:</b>	Reviews key facts from the account and reinforces the memory verse through a simple, active game.
<b>Supplies:</b>	One soft ball or bean bag to represent a stone. One basket or bucket to represent the target. Painter's tape for a starting line.

**How to Play**

Have children line up behind the tape line. Ask each child a quick review question. If they answer correctly, they get to gently toss the bean bag underhand into the basket, just like David's sling. After every round, have the whole class say the memory verse together before the next child takes a turn.

**Review Questions and Answers**

- Who challenged Israel's army every day? Goliath, the Philistine champion.
- What weapon did David use to face Goliath? A sling and a stone.
- How many stones did David pick up? Five smooth stones.
- What did Saul try to give David before the fight? His own armor and sword.
- What does our memory verse say? The battle is the LORD's.

**SECTION 14** TEACHER CLOSING

Today we watched fear freeze an entire army, until God sent the very person nobody expected, a young shepherd with a sling, to win a battle only He could truly win. David was never the real hero of this account. God was. And David's small, surprising win pointed all the way forward to Jesus, the true Champion, who faced the giants of sin and death on a cross and walked out of the grave to prove He had won completely. If you have never trusted Jesus as your Champion, today is a good day to start. You do not need to be brave enough or strong enough first. He already did the fighting. He is simply asking you to trust Him.

Let's say our memory verse one final time together. The battle is the LORD's.

**A SHORT CLOSING PRAYER**

Dear God, thank You for fighting for Your people, even when we are afraid. Thank You for sending Jesus to win the battle we never could have won ourselves. Help us trust You today with whatever feels too big for us to handle alone. In Jesus' name, amen.

**SECTION 15 TAKEAWAY TRUTH**

**The battle belongs to the Lord, and Jesus is the Champion who already won it for us.**

**SECTION 16 APPROVAL GATE**

**Main Lesson, Activity & Discussion complete.**

**Wait for approval before creating Step 3: Parent Take-Home Sheet.**