

David and Goliath

PRESCHOOL LESSON



Theme: God helps us overcome the "giants" in our daily life.

Scripture: 1 Samuel 17:1-49

Memory Verse: "David said, 'You come against me with sword and spear, but I come against you in the name of God.'" 1 Samuel 17:45

Get Ready: Click [here](#) to get your complete supply list for this lesson.

The Children's Sermon

You'll Need:

- A small bag containing five smooth stones
- A slingshot

Do This:

SAY: **Guess what I have in this bag.** (Pause for guesses, and then open the bag and begin to pull out the rocks.) **It's five smooth stones. These stones make me think of something that happened in the Bible with two men named David and Goliath.**

David was a boy who fought and killed a giant named Goliath. Goliath was a mighty warrior who was more than nine feet tall! (Point to a spot on the wall about nine feet high.)

Goliath wasn't only tall; he also wore strong armor on his whole body, and he had a sword and spear. The armor weighed 100 pounds. (Give some examples of other

things that weigh 100 pounds—a baby hippo, a baby horse, almost three preschoolers, etc.)

David wasn't big like Goliath. He was a young shepherd boy. He had no armor; it was too heavy for him. And he had no sword. David's only weapons were a slingshot and five smooth stones. (Hold up the slingshot and the stones). **But because of God's power in him, David was able to defeat the giant Goliath!**

We might not face a nine-foot giant, but we face big, scary things in our lives. What are some scary things you have in your life? (Pause for responses.)

And even when we face big scary things, we can be brave like David! (Have kids stand and put their hands on their hips and say, "I'm brave like David!) **We can trust God is with us and the victory will be His!**

PRAY: Dear God, just as You gave David the victory in his battle with Goliath, we know that when we put our trust in You, You will give us the victory over the giants we face in our daily life. In Jesus' name, amen.

Bible Memory Verse

"David said, 'You come against me with sword and spear, but I come against you in the name of God.' " 1 Samuel 17:45

You'll Need:

- A Bible
- Paper balls
- A stuffed animal

Do This:

Lead kids in these steps:

- Read aloud 1 Samuel 17:45.
- Explain to kids that there was a war between David's people—the Israelites—and Goliath's people—the Philistines.
- Have kids line up and march in a line like soldiers. Place a stuffed animal in the center of the room. Explain that he'll represent Goliath.
- Give each child a "stone" (paper ball).
- Lead kids in chanting the preschool-friendly verse after you as they march around the room. Encourage them to point strongly upward when they say, "in the name of God!"
- Invite kids to throw their paper balls at "Goliath" each time you finish reciting the verse.
- Reset, allowing each child to retrieve a "stone."
- Repeat several times.

SAY: Today we're learning that God gave David the power to defeat a giant. He didn't need a sword or armor; he simply used five smooth stones because he had God's power.

Virtual Lesson Tip

You can do this activity with the entire family.

Bible Interactive Experience

You'll Need:

- A Bible
- "[David and Goliath Workbook](#)" handout - one per child
- Scissors

- **Crayons**
- **A stapler**

Get Ready: Before class print out the “David and Goliath Workbook” handout for each child. Cut it as directed and staple along the fold line.

Do This:

Invite the children to open their Bibles to 1 Samuel 17:32-50. Read aloud 1 Samuel 17:32-33, and then pause for kids to color the first page of the workbook with the image of David.

ASK:

- **Tell about a time someone thought you were too young to do something.**

Read aloud 1 Samuel 17:34-37, and then pause for kids to color the page with the sheep and the bag.

ASK:

- **How does God keep you safe and protected?**

Read aloud 1 Samuel 17:38-39, and then pause for kids to color the page with the armor.

ASK:

- **The armor was too heavy for David. What’s something that’s too heavy for you? Why wouldn’t you want to carry it with you during a battle?**

Read aloud 1 Samuel 17:40, and then pause for kids to color the page with the slingshot and stones.

ASK:

- **Tell about a time you felt strong.**

Read aloud 1 Samuel 17:41-44, and then pause for kids to color the page with Goliath. Point out some “Goliaths” preschoolers might have in their lives. (Maybe they’re being bullied at school, or their parents fight, or someone they love is really sick.) Encourage kids to remember God can help them with these people or things.

Read aloud 1 Samuel 17:45-50, and then pause for kids to color the final page. Invite kids to show off their books, and tell their favorite part about what happened in today’s Bible lesson.

Everyday Giants

You’ll Need:

- [“Everyday Giant” video](#)
- **Something to play the video**

Do This:

Show them the video.

ASK:

- **What are some giants you learned about in the video?**
- **Which giant from the video do you need God's help with?**

David and Goliath Snack

You'll Need:

- **Paper plates - one per child**
- **Teddy Grahams**
- **Keebler Elf cookies - one per child**
- **Cocoa Puffs cereal**

Do This:

Follow these steps for the snack:

- Give each child a paper plate, one Keebler Elf cookie, several Teddy Grahams, and five Coco Puffs.
- Invite kids to retell what happened between the Israelite and Philistine armies using the provided snacks.
- Enjoy.

ASK:

- **If you were going to have to fight a giant, what would you want to use? Why?**

SAY: David didn't need any fancy armor. It was way too heavy for him. He didn't even need a sword. David had the Lord God Almighty on his side; so he only needed five smooth stones and a slingshot.

The Goliath Target

You'll Need:

- Gray construction paper - one piece per child
- Butcher paper
- A marker

Get Ready: Before class, draw an outline of a giant on a large piece of butcher paper. Hang the giant on the wall.

Do This:

To play the game, have kids follow these steps:

- Give each child a piece of gray paper and have them crumple it up to make a "stone."
- Invite kids to take turns tossing their stones toward Goliath in an attempt to hit him where David did. Explain that if they hit the head, they knock Goliath down.
- Write the child's initial where they hit the giant.
- Cheer anytime a child "knocks Goliath down."

SAY: Today we used paper to throw at our paper giant so it wasn't very scary. But imagine that you were David standing in front of a nine-foot tall giant. (Pause.)

David may have been small, but he had God on his side. You also have God on your side. God helps us with the "giants" in our daily lives.

Topple the Giant Craft

You'll Need:

- Plastic party cups - one per child
- Small balls
- "[Goliath](#)" handout - one for every four kids
- Scissors
- Crayons
- Tape

Get Ready: Cut apart the "Goliath" handout.

Do This:

Follow these steps to make the "Topple the Giant Craft":

- Give each child a Goliath from the handout.
- Encourage children to color it.
- Help kids tape their Goliath to a cup.
- Have kids set their cups on one end of the room.
- Let kids take turns using the balls to try to knock over their Goliaths.

ASK:

- What will you remember most about today's lesson?

Giant Prayers

You'll Need:

- **Giant on the butcher paper from the game**

Do This:

- Take down the giant from the wall, and place it on the floor.
- Have kids gather around the giant.
- Invite kids to share any "giant" prayers they have. Explain that these can be anything that feels big or hard.
- Explain that no request is too big or hard for God.
- Invite kids to stand and gather on top of the giant for the prayer.

PRAY: Dear God, You are so powerful. We saw Your power on display through David taking down Goliath. We have some big and hard things we face, too. (Name some things kids shared.) Help us to look to You, trust You, and follow You when we face giants in our daily lives.

Virtual Lesson Tip

You can do this activity with the entire family.

Time to Praise God

You'll Need:

- Song: "David and Goliath"

[Words and Music](#)

[Accompaniment Track](#)

SAY: Today we learned that God helps us face big and scary things in our lives. Like He did for David, God gives us victory. Let's remember that as we sing to Him now.

Lead children in singing "David and Goliath."

If You Have Extra Time...

Use these activity sheets to fill in any time and keep kids learning.

- [Coloring Page](#)

Complete Supply List:

- A small bag containing five smooth stones
- [A slingshot](#)
- A Bible
- Paper balls
- A stuffed animal
- "David and Goliath Workbook" handout - one per child
- Scissors
- [Crayons](#)
- A stapler
- "Everyday Giant" video
- Something to play the video
- [Paper plates](#) - one per child

- [Teddy Grahams](#)
- [Keebler Elf cookies](#) - one per child
- [Cocoa Puffs cereal](#)
- [Gray construction paper](#) - one piece per child
- [Butcher paper](#) - nine feet long
- [Markers](#)
- [Plastic party cups](#) - one per child
- [Small balls](#)
- "Goliath" handout - one for every four kids
- Tape
- Giant on the butcher paper from the game

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David and Goliath

AT-HOME LESSON

Theme: God helps us overcome the "giants" in our daily life.

Scripture: 1 Samuel 17:1-49

Get Ready: Click [here](#) to get your complete supply list for this lesson.

The Children's Sermon

You'll Need:

- **A small bag containing five smooth stones**

- A measuring tape

Do This:

SAY: **Guess what I have in this bag.** (Pause for guesses, and then open the bag and begin to pull out the rocks.) **It's five smooth stones. These stones make me think of something that happened in the Bible with two men named David and Goliath.**

You may already know about the boy named David who fought and killed a giant named Goliath. Goliath was a mighty warrior who was more than nine feet tall! Can anyone show me how tall that is? (Pause for kids to respond.) **I guess it's hard for any of us to show that height, but we can use a measuring tape.** (Run the measuring tape up a wall to show nine feet.)

Goliath wasn't only tall, but he also wore strong armor on his whole body, and he had a sword and spear. The armor weighed one hundred pounds. His armor weighed more than each of you!

David, on the other hand, was a young shepherd boy. He had no armor; it was too heavy for him. And he had no sword or spear. David's weapon was a slingshot and his ammunition was five smooth stones which he picked up from a nearby stream. But David defeated that giant who all the Israelite soldiers were afraid to face!

We might not face a nine-foot giant, but we face giants of other kinds, like insecurity, loneliness, and failure. And we can remember David's five stones to help us defeat the giants we face.

- **The first stone represents COURAGE.** (Pass around the first stone until it comes back to you.) **David was not afraid to face the enemy. "Don't worry**

about a thing," David told Saul. "I'll go fight this Philistine!" (1 Samuel 17:32)
You will use courage to face giants in your life.

- **The second stone represents CONFIDENCE.** (Pass around the second stone until it comes back to you.) **As a shepherd, David protected the sheep from wild animals; so he had confidence to face Goliath. "The LORD who saved me from the claws of the lion and the bear will save me from this Philistine!" (1 Samuel 17:37) Like David, you can have confidence that God will help you overcome the problems you face.**
- **The third stone represents PREPARATION.** (Pass around the third stone until it comes back to you.) **David didn't face the giant unprepared. He went to the stream and collected five smooth stones in his bag. Armed with his shepherd's staff and slingshot, he went to fight Goliath. (1 Samuel 17:40) It's important for you to prepare to face the challenges in your life, too.**
- **The fourth stone represents TRUST.** (Pass around the fourth stone until it comes back to you.) **David didn't trust in his own ability. When Goliath shouted at David, cursed him, and was ready to kill him, David said, "You come to me with a sword and spear, but I come to you in the name of the LORD God Almighty." (1 Samuel 17:45) When you face problems, put your trust in God, not in your own ability.**
- **The fifth stone represents VICTORY.** (Pass around the fifth stone until it comes back to you.) **"It's God's battle, not ours," David said. (1 Samuel 17:50) That's why David had victory over the giant with only a stone and sling. When you turn your battles over to God, you'll have the victory over the giants in your life.**

So the next time you're facing a giant in your life, remember David and Goliath and the five smooth stones. (Invite kids to repeat courage, confidence, preparation, trust, and victory after you.)

PRAY: Dear God, just as You gave David the victory in his battle with Goliath, we know that when we put our trust in You, You will give us the victory over the giants we face in our daily life. In Jesus' name, amen.

Everyday Giants

You'll Need:

- ["Everyday Giant"](#) video
- Something to play the video

Do This:

Show them the video.

ASK:

- What are some giants you learned about in the video?
- Which giant from the video do you need God's help with?
- How can you trust that God will help you overcome the giants in your daily life?

Slingshot & Stones Snack

You'll Need:

- [David and Goliath How-to video](#)
- Paper plates - one per child
- Napkins - one per child
- String cheese - one and a half per child

- **Grapes - five per child**

Do This:

Give each child a paper plate, a napkin, and a piece and a half of string cheese.

Have kids follow these steps to make the “Slingshot & Stones Snack”:

- Invite kids to separate their whole piece of string cheese down the middle to about halfway down. Make sure they pull the sides apart.
- Place the half piece of string cheese across the middle of the separated pieces to look like a slingshot.
- Lay five grapes beside their slingshot.
- Enjoy.

ASK:

- **If you were going to have to fight a giant, what would you want to use? Why?**
- **What does God give you to fight giants in your life?**

SAY: David didn't need any fancy armor. It was way too heavy for him. He didn't need a sword. David had the Lord God Almighty on his side; so he only needed five smooth stones and a slingshot.

Stone Painting

You'll Need:

- **Large stones the size of a hot dog bun - one per child**
- **Paint**

- **Paintbrushes - one per child**
- **Cups of water for rinsing**
- **Paper plates - one per child**
- **Disposable tablecloths**

Get Ready: Cover the tables with disposable tablecloths. Give each child a paper plate and a large stone. Make sure kids paint with their stones on the paper plates to keep the tables cleaner.

Do This:

Have kids follow these steps to make the “Stone Paintings”:

- Invite kids to decorate their stones to represent today’s lesson. They can paint a picture of what happened, write the five words from the children’s sermon or decorate their stone to share one of their everyday giants.
- After they have finished, invite kids to share their stone paintings.

ASK:

- **What will you remember most about today’s lesson?**

Complete Supply List:

- A small bag containing five smooth stones
- [A measuring tape](#)
- “Everyday Giant” video
- Something to play the video
- [Paper plates](#)
- [Napkins](#) - one per child

- String cheese - one and a half per child
- Grapes - five per child
- [Large stones the size of a hot dog bun](#) - one per child
- [Paint](#)
- [Paintbrushes](#) - one per child
- Cups of water for rinsing
- Disposable tablecloths

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