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David and Goliath

1 Samuel 17:1–58 · Sprout · Ages 5–8

The Israelites were at war with the Philistines. The two armies camped on two hills, with a valley between them.

Every morning and every evening, a huge Philistine soldier named Goliath came out. He was a giant, much taller than anyone else, wearing heavy bronze armor and carrying a giant spear. He shouted that one Israelite should come fight him, and he made fun of Israel and their God. For forty days, King Saul and all his soldiers were too afraid.

David was the youngest of eight brothers. He was a shepherd, too young to be a soldier. His father, Jesse, sent him to bring food to his three oldest brothers at the army camp. There David heard Goliath shouting. David was upset that anyone would insult the living God.

David told King Saul he would fight the giant. Saul said David was only a boy. But David explained that when a lion or a bear had grabbed one of his sheep, he had gone after it and saved the lamb. God had protected him then, and God would protect him now.

Saul gave David his own armor, but it was so heavy David could barely walk, so he took it off. Instead he took his shepherd's staff, his sling, and five stones he picked out of a stream.

Goliath laughed when he saw a boy coming. But David called out that Goliath was trusting in his weapons, and David was trusting in God. David knew the win would come from God, not from his own strength.

David ran toward Goliath, put a stone in his sling, and swung it. The stone hit Goliath right on the forehead, and down the giant went. Goliath died, and the fight was over. The Philistine army ran away.

David won because he trusted God. When something feels too big for us, God is with us too.

Talk about it

1. What did Goliath do every day?
2. Why did David take off King Saul's armor?
3. Why was David brave enough to face Goliath?

Key verse: 1 Sam 17:47. Look it up in your Bible.