

Talk About It:

- Who are the strongest people you know?
 - What makes you strong? Is it your muscles? Your mind? Your courage?
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Read About It:

Maybe you have heard the story of David and Goliath. Goliath was a REALLY tall man and a strong warrior. He was part of the Philistine (FILL-ah-steen) army – enemies of God’s people, the Israelites. When they were on the battlefield, every day Goliath would make fun of God’s people. He did this for 40 days in a row! Finally, David decided to do something about it, even though he was just a boy.

Read the rest of this story from 1 Samuel 17 (verses 4, 32-35, 37, 45, 48-49):

Then Goliath came out of the Philistine ranks to face the forces of Israel. He was over nine feet tall! “Don’t worry about this Philistine,” David told King Saul. “I’ll go fight him!” “Don’t be ridiculous!” Saul replied. “There’s no way you can fight this Philistine and possibly win! You’re only a boy, and he’s been a man of war since his youth.”

But David persisted. “I have been taking care of my father’s sheep and goats,” he said. “When a lion or a bear comes to steal a lamb from the flock, I go after it with a club and rescue the lamb from its mouth. The Lord who rescued me from the claws of the lion and the bear will rescue me from this Philistine!” Saul finally consented. “All right, go ahead,” he said. “And may the Lord be with you!”

David said to Goliath, “You come to me with sword, spear, and javelin, but I come to you in the name of the Lord of Heaven’s Armies—the God of the armies of Israel, whom you have challenged.

As Goliath moved closer to attack, David quickly ran out to meet him. Reaching into his shepherd’s bag and taking out a stone, he hurled it with his sling and hit the Philistine in the forehead. The stone sank in, and Goliath stumbled and fell face down on the ground.

- Who do you think was the strongest person in this story?
 - How did David use his mind, courage, and abilities to show his love for God?
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Sing About It:

Get up and moving with this fun song about loving and praising God with all your strength!

[God Has Given to Me](#) (Lifetree Kids, Group Publishing)

Think About It:

- David used his mind, his courage, and his skills to beat Goliath. David knew that God had given him abilities, a strong mind, and determination, and he trusted God to help him. David shows us what it looks like to love God with all your strength.
- What about you?
 - How can you use the strength of your mind to show your love for God?
 - How can you use courage to show love for God?
 - What skills or abilities do you have that you can use to show love for God?

God has given you all these things: a strong mind, a strong body, and courage. God has also given you knowledge and the ability to do lots of things. All these things are gifts from God that we can give back to him by loving God with all our strength.

Make It:

David used a rock to beat the giant, Goliath. Throughout the Bible, rocks are used as reminders of the good things God did for his people. God has done good things for you, too, including giving you strength, courage, knowledge, and skills.

Find a big, smooth rock and decorate it with paint or permanent markers. Write on your rock: *Strength or Love God*. Keep it as a reminder that God has done good things for you, and to love God with all your strength.

Do It:

Find something to do this week to practice loving God with all your strength. Here are some ideas:

- Use your muscles to help with chores at home or outside
 - Use the strength of your mind to read the Bible (Mark's gospel is a great place to start)
 - Use your energy to cheer up someone by texting or calling them, or mailing a letter
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Pray About It:

Thank God for all the things He has given you that make you strong. Ask God to help you love him with all your strength.

Memorize It:

Love the Lord your God with all your heart, all your soul, all your strength, and all your mind.
Luke 10:27