

Today's Suggested Schedule—October 2025, Week 2

Today's Bible Story: David and Goliath • *1 Samuel 17:1-50*

I can be brave because God is with me.

Key Question: Who can help you be brave?

Bottom Line: God can help me be brave.

Memory Verse: *"Be strong and courageous. Do not be afraid ... for the LORD your God goes with you" (Deuteronomy 31:6 NIV).*

Social: Providing time for fun interaction

Build It Up, Knock It Down

- ☐ Building blocks/duplos

Groups: Creating a safe place to connect

Memory Verse Activity- Brave Reminder

- ☐ Crayons or dot markers

Bible Story Review- Knock Goliath Down

- ☐ Floor tape
- ☐ Cereal box
- ☐ Playground ball

Application Activity- Always With Me

- ☐ Tunnel
- ☐ Plush toy

Craft- David, Goliath, and the Stone

- ☐ Gluesticks
- ☐ crayons

Social

1. Build It Up, Knock It Down

What You Need:

- ☐ Building blocks

What You Do:

Before the Activity: Set the blocks out in an open area and ask children to join you.

During the Activity: Encourage children to build towers and pyramids. When the building is complete, count down from three and allow the children to knock it down. Repeat as desired.

After the Activity: Introduce the Bible Story.

What You Say:

Before the Activity: "Friends, come join me at the blocks!"

During the Activity: "Let's work together and use all the blocks to build a pyramid, that's a tower that looks like a triangle. We can line up six blocks end to end. *(Pause.)* Now, stack more blocks on top of that first line, starting them a bit from the edge like this. *(Demonstrate.)* Keep adding, making it go higher and higher. *(Pause.)* Wow, you built it so tall! I'm going to count and then we can knock it down! Ready? Three, two, one, knock it down! *(Pause.)* Okay, this time I want you to build several tall towers. *(Pause.)* Wow! Look at how tall the towers are! Here's the countdown. Three, two, one, knock it down! *(Repeat as desired.)* Great job, friends! That was so fun."

After the Activity: "Today in our true story from the Bible, we're going to hear about a small boy named David, who knocked over a big giant named Goliath! I can't wait to hear all about it. Let's go!"

Transition: Move to Worship and Story by encouraging children to walk, then freeze and strike a superhero pose when you count to three. Continue until you get to your designated area.

Lessons

1. Memory Verse Activity- Brave Reminder



What You Need:

- “Brave Reminder” Activity Page
- Crayons or dot markers
- Baby wipes

What You Do:

Before the Activity: Write each child’s name on their paper. Say the Memory Verse and do the motions together with the children.

During the Activity: Encourage children to decorate their door hanger. Say the verse and motions again.

After the Activity: Connect the Memory Verse to the Bottom Line.

What You Say:

Before the Activity: “Friends, come stand with me, and let’s do the motions as we say our Memory Verse. Ready? ‘Be strong and courageous. (Muscle arms) Do not be afraid . . . (cross and uncross hands) for the Lord your God (flat hand with thumb to forehead, pull down) goes with you,” (march in place) Deuteronomy 31:6. (Open hands like a book.) Great job!”

During the Activity: “Let’s sit at the table together. I have something for you to make that will help you remember that God can help you be brave. (Hold up a door hanger.) It has the words to our Memory Verse on it. Use the markers and stamps to decorate it. (Pause.) Wow! You did a great job with these. So when you get home you can hang it on a door knob and when you go in or out of the room, you can remember that God can help you be brave. Let’s say our Memory Verse one more time and do the motions. Ready? ‘Be strong and courageous. (Muscle arms) Do not be afraid . . . (cross and uncross hands) for the Lord your God (flat hand with thumb to forehead, pull down) goes with you,” (march in place) Deuteronomy 31:6. (Open hands like a book.) Good job, everyone!”

After the Activity: “The Bible teaches us that God can help us be brave. We don’t need to be afraid; we can be strong and courageous because God is with us! God can help you be brave and **[Bottom Line] God can help me be brave. Who can help you be brave? [Bottom Line] God can help me be brave.**”

2. Bible Story Review- Knock Goliath Down

What You Need:

- “Knock Goliath Down” Activity Page
- Family sized cereal box
- Playground ball
- Painter’s tape

What You Do:

Before the Activity: Tape the picture of Goliath to one side of the cereal box and set it on the floor in an open area. Place a piece of tape on the floor about five feet from the box.

During the Activity: Encourage children to stand at the tape line and take turns rolling the ball to knock Goliath down as you review the Bible Story.

After the Activity: Connect the Bottom Line to the Bible Story.

What You Say:

Before the Activity: “Friends, come join me over here. Look! There’s Goliath over there. Let’s pretend to be David and knock down Goliath!”

During the Activity: “Today we heard a true story from the Bible about a boy named David and a giant named Goliath. Every day, Goliath would say in his big, giant voice: “Who’s gonna face me?” And no one would answer. God’s army was scared. No one was brave enough to go against Goliath. But David was brave and said, “I’ll do it!” David knew God was with him.

“Are you ready to pretend to be David? [Child’s name], roll the ball at Goliath and try to knock him down. *(Pause.)* Whoa! Goliath fell over! You did it! *(Reset and repeat with each child.)*

“David took one stone, put it in his sling, and hurled the stone as hard as he could! The stone hit Goliath in the middle of his forehead, and big Goliath fell down! David did it!”

After the Activity: “God was always with David, and God helped David be brave! God can help you be brave, too, because God is always with you. **Who can help you be brave? [Bottom Line] God can help me be brave.**”

Inclusive Pro-Tips:

- For a version with less movement, seat children on the floor a shorter distance from Goliath and let them roll or throw the ball at Goliath.

3. Application Activity- Always with Me

What You Need:

- Pop-up tunnel
- Plush toys

What You Do:

Before the Activity: Set the tunnel in an open area. Place a few plush toys next to the opening of the tunnel.

During the Activity: Encourage each child to pick up a plush friend and carry it with them as they crawl through the tunnel. Ask children to keep their plush friend with them. Repeat as desired.

After the Activity: Connect the Bottom Line to the Bible Story.

What You Say:

Before the Activity: “Hey friends, everyone line up over here. I need your help bringing these friends through the tunnel.”

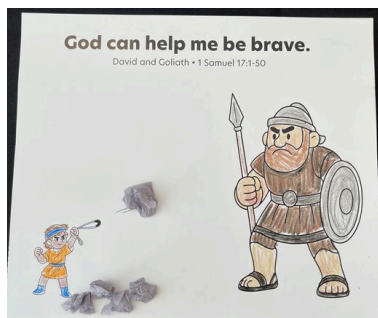
During the Activity: “When I call your name, pick a plush friend and carry it through the tunnel. Keep your friend with you all the time. Ready? [Child’s name], pick a plush friend and bring it through the tunnel! *(Pause.)* Great job. *(Continue with each child.)* Yay! We all made it through the tunnel with our friends! Hooray! Now let’s give our plush friends a big hug.”

After the Activity: “Wow, the plush friend went with you through the tunnel. But the plush friend won’t always be with you, but do you know who is always with you? God is always with you. No matter where you go, God is always with you, and God can help you be brave! **Who can make you brave? [Bottom Line] God can help me be brave!**”

Inclusive Pro-Tips:

- Allow children to walk around the tunnel instead of crawling through.

4. Craft- David, Goliath, and the Stone



What You Need:

- "David, Goliath, and the Stone" Activity Page
- Crayons
- Gray tissue paper
- Glue sticks
- Permanent marker

What You Do:

Before the Activity: Write each child's name on their paper.

During the Activity: Encourage children to color their picture. Ask children to ball up their five pieces of tissue and glue one on the rock headed to Goliath and the other four on the ground next to David.

After the Activity: Connect the Bottom Line to the Bible Story.

What You Say:

Before the Activity: "Friends, come sit with me at the table. Let's make a picture of David and Goliath from our Bible story today."

During the Activity: "Look at how big Goliath is next to David. Goliath was a scary giant! Color your picture. Now take your tissue paper squares. How many do you have? Count me. One, two, three, four, five. Scrunch each piece to make the five rocks that David collected to fight Goliath. Now find the rock that David threw at Goliath on your paper. *(Pause.)* There it is. Glue one of your tissue paper rocks on that rock. *(Pause.)* Great! Glue the four rocks you have left on the ground next to David. *(Pause.)* Fantastic!"

After the Activity: "David was a young boy who visited the battlefield one day and heard Goliath yelling, 'Who's gonna face me?' and no one from God's army would answer because they were scared. No one was brave enough to go against Goliath, but David was! David was ready to be super-brave because he knew God was with him. David said, 'Goliath, you come at me with all your big weapons, but GOD is with me!' Then he took one stone, put it in his sling, and hurled the stone as hard as he could! The stone hit Goliath in the middle of his forehead, and big Goliath fell down! David did it! God was always with David, and God helped David be brave! God is always with you and God can help you be brave."

Who can help you be brave? [Bottom Line] God can help me be brave."