



# Lifegroup Kids Guide:

## Be strong and courageous

### INTRO

We encourage family Lifegroups to do the welcome, vision, Lifegroup house rules, and worship all together! Then to have the younger kids and adults split up to do age appropriate Bible discussion.

### WELCOME & VISION DANCE (about 5 minutes)

Who loves Lifegroup?! Who can tell me why we do lifegroup?

We're going to teach you a simple way to remember why we do Lifegroup. It's called the Lifegroup vision dance. Are you ready?!

- Because Jesus loves us (point up, then point to yourself)
- We want to walk with Jesus (walk in place)
- Become like Jesus (cross arms over chest)
- Help others follow Him (point out to others, then point up to Him)

Do it again in slow motion or super fast. Have fun with it.

### LIFEGROUP HOUSE RULES (about 2 minutes)

We have 3 Lifegroup rules.

1. Be kind and respect ourselves
2. Be kind and respect others and their things.
3. Listen and obey the first time.

Who can repeat these back to me?

Discipline Plan: 1st time is a warning, 2nd time you talk with kids leader, 3rd time we get your parents and you leave kids portion of lifegroup, but are welcome to come back next time.

### BIBLE STORY (about 10-15 minutes)

### **Opening Activity: Nine Feet Tall (5-7 minutes)**

- Tape Measure
- Sidewalk chalk

Measure out 9 ft on a sidewalk and draw a “Goliath” 9 ft tall. Ask each child to take turns lying down on the sidewalk over the “Goliath.” Mark each child’s height and write their names next to their mark. Make sure you measure the volunteers too! Then show them how they “measure” up to a nine-foot-tall giant!

“Have you ever met someone who was nine feet tall? No way! Nine feet is THIS tall. (Point to “Goliath” or his height on the sidewalk.) Let’s see how we measure up to someone who’s nine feet tall! [Child’s name], come stand next to this giant, and let’s measure you. (Mark child’s height.) Let’s see how tall [child’s name] is next to the giant. (Continue with each child and volunteer.) Wow! Nine feet is REALLY tall! In our Bible story today, we’ll hear about a big, tall giant named Goliath and a young boy named David.”

### **Bible Story**

Read through the story of David and Goliath in the Bible, 1 Samuel 17:1-50 OR use the script below.

“Hey, friends! I have a true story to share with you from the Bible! Today’s story is about a boy named David. David was a shepherd, which means he took care of sheep! David had to be very brave to protect his sheep both day and night. But David knew that God was always with him so he could be STRONG and COURAGEOUS. One day, David went to visit his brothers who were in God’s army. While he was with them, David heard this really big, scary giant named Goliath saying mean things to God’s army, the Israelites. Goliath teased the Israelites (in a sing-song voice) ‘Nah, nah, nah, nah, nah! Who’s going to challenge me?’ The Israelites were so afraid. Can you show me your afraid face? (Make an afraid face.) Yes! All of the Israelites were so afraid! But wait! Didn’t we just talk about someone who was strong and courageous (hold fists in front of body) because he knew that God is always with him? YES! It was David. Do you think David was brave enough to challenge the giant? (Pause) Well, Goliath came out and teased the Israelites again saying, (in a big booming voice), ‘Who’s going to challenge me?’ Can you guess what David said? David said, ‘I’ll do it! Everyone was SO surprised. David was NOT a soldier. How could he challenge the giant? But David knew something important. David knew that he could be strong and courageous because God was always with him. They put armor on David. The armor was too big and too heavy. David said he didn’t need the armor. David knew God was with him, and that made David brave! So David took a sling and five smooth stones. Goliath said, (in a big

booming voice), 'Who's going to challenge me? Raise that hand, David! (Pause.) David said, 'Me!' He was so brave. Goliath said, 'BWAHAHAHA. YOU? You're just a kid!' David took out his sling and said, 'Goliath, you may have all your big weapons, but God is WITH me! Then he put one rock in the sling and slung it right at Goliath. The rock hit Goliath and knocked him all the way to the ground! God's army was so excited. Yay, God! God helped David save them from the mean giant. God helped David be brave, both in the field with his sheep and on the battlefield with Goliath. God can help YOU be brave, too.'

Questions:

- What did you like about the Bible story?
- What did you learn about God?
- When is a time in your life God has helped you be brave when faced with a challenge?

### **PRAYER (about 7-10 minutes)**

Break into groups of 3-5 to pray together.

- Where do you need God's help right now to be strong and courageous? (i.e. School work, obeying my parents, being kind to my sister/brother...)
- Who is someone else you could pray for to be strong and courageous in God? (i.e. a friend, your parent, your teacher, your brother or sister...)
- Help them pray for that person and for each other.

Close in prayer thanking God for being with us and for making us brave.

### **EXTRA IDEAS IF YOU STILL HAVE TIME...**

#### **PRACTICE MEMORY VERSE**

"Be strong and courageous. Do not be afraid...for the Lord your God goes with you." - Deuteronomy 31:6, NIV

Say the memory verse and teach the motions to the children. Say the verse again with the motions and invite the children to do it with you. Repeat several times.

Everyone, listen and watch me as I say our new verse.

'Be strong and courageous. (Hold fists in front of your body.)

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).

Our memory verse teaches us that we never have to be afraid because God goes with us, and God can help us be brave.

Who can help you be brave? God can help me be brave! Let's say that one more time, friends. Who can help you be brave? God can help me be brave!"

### **GROUP GAME: Knock Down Goliath (10-12 minutes)**

- Empty Water Bottle (put a little water in it to make more difficult)
- 5 small stones Knock Down Goliath activity page
- Backyard

Set up a water bottle an appropriate distance away for the age of the kids. Give each kid either a small stone or acorn (depending on what you have). Give each kid 5 chances to "Knock Down Goliath". Have them try at different distances from Goliath.

"It's not too hard to knock over a paper Goliath with a pom pom ball. This guy isn't heavy or big at all! But David faced a real, live giant named Goliath. And all David needed was his sling and a rock to knock Goliath all the way down because God was with him! God helped David be brave even in the face of a giant.

When is a time in your life God has helped you be brave when faced with a challenge?" Share a kid appropriate story like this before allowing them to share.

### **PLAY!**

- Soccer
- Tag
- Simon Says
- Hide n Seek
- Rock/Paper/Scissors

### **DANCE!**

- Play the monkey video and dance along. [Monkey video](#) (if you're trying to calm kids down - do not play this song 😂 )
- Freeze Dance - Have the kids dance to upbeat music and when it stops they have to freeze until the music starts playing again. If they move when the music has stopped, they are out. Play until there is only a handful of kids left then play again if time allows.