

Together @ Home

Here are some activities you could do together as a family, begin with the story and then do as many or as few as you like, in any order.



Bible Passage

Today we will be exploring the story of David defeating Goliath.
You can find it in your Bible in:

1 Samuel 17

Read the story together – choose a Bible translation or children's story version which best suits your group.



A prayer to say together

Dear God,

Thank you for the story of David who trusted and had faith in you. Help us to put our confidence in you and to be bold, knowing that you are with us.

Help us to have a friendship with you like David did, to know you as a close friend who listens to us and hears our prayers. Help us to know you as sheep know their shepherd and trust in you to protect us and provide what we need.

We pray for those facing big challenges during Lockdown that they would know you with them just like David did.

Amen

Discussion

A question for adults to ask children

*How do you think David felt when he went to face Goliath?
How would you have felt?*



The whole of King Saul's army were scared of Goliath, none of them were brave enough to take on the Philistines greatest warrior. When David went out to meet Goliath he didn't have any armour on, he didn't have any impressive weapons, but he had something better – Faith!

David knew God, when you read the songs that David wrote about God in the psalms you can tell that he knew God as a close friend. David had faced bears and lions when he was a shepherd and God had always been with him. David trusted in God and knew he didn't need to be afraid because God was on his side. That is why he could say with confidence in God, **"The battle belongs to him, and he will hand you over to us."**

A question for children to ask adults

Can you think of a time when you had to do something scary, but you knew that God was with you?

Family Activity 1 Trust exercise

David trusted in God! What does it mean to trust in somebody? Why not find out with your own trust exercise.

One person is blindfolded, and a second person must guide them around the house using just their voice. You could make it even more tricky by building your own obstacle course with cushions, toys and furniture.

How does it make you feel when you have to put your trust in somebody else?



Psalm 56 v 11
I trust in God. I will
not be afraid.
What can people do
to me?

A verse to remember

Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week.



Family Activity 2

Write a Psalm

David wrote many psalms and poems to God – he used them to express his love for God but also his struggles. Some of his songs were thank you prayers to God for the way God had helped him in difficult times.

Write your own family psalm together. You could each add one thing you want to say thank you to God for, one-time God was with you in a difficult time and one thing you know about how amazing God is! Here are some starter sentences to help you write your psalm.

Why not come up with a tune you could sing them to or see if you can fit your words to a tune you already know?

Thank you, God, that
you are like ...

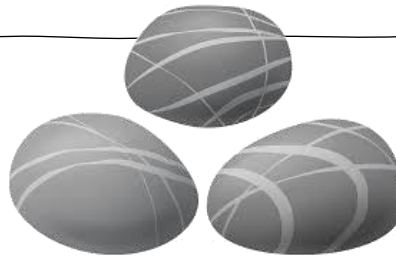
Thank you, God,
that you were with
me when...

Thank you, God, that
you made me...

Family Activity 3

Target Practice

You will need: some stones, just like David had



You will need to go outside for this activity, a smooth surface is best - be aware of others and make sure if you are not in your garden that people can safely pass you.

Find a large stone and make it your target. You will each need to collect some stones, take it in turns to roll your stones towards the big stone, see who can get their stones the closest.

David would have had a lot of practice with his sling while he protected his sheep. What are some of the skills that God might want us to practice so that we can use them to serve Him?

Active Prayer

Why not go on your own rock prayer hunt, searching for stones just like David did when he went into battle with Goliath.

You can find instructions and prayer pointers on the next sheet.



I can pray...a rock hunt



Rocks prayer hunt

Go on a search around your garden or on your daily walk, collect some rocks and then sort them and match them to these simple prayers together.

Your **ROUNDEST** Rock



Dear God, we pray for everybody around the world affected by this pandemic. Help those in the world's poorest countries, protect them through this difficult time.

Your **BIGGEST** Rock



Dear God, we pray for the leaders and government of our country as they make difficult decisions and work to keep us all safe.

Your **SMALLEST** Rock



Dear God, we pray for all the children who are not able to go to their school, help them to learn and have fun in their homes.

Your **PLAINEST** Rock



Dear God, we pray for all those who may go unnoticed but who are doing essential work – our delivery drivers, rubbish collectors and many more working in our community.

A **MULTICOLOURED** Rock



Dear God, thank you for all the colourful rainbows that have appeared in windows. We pray for all those living on our street that they would not feel lonely but would feel connected and loved during lockdown.

Your most **SQUARE** Rock



Dear God, we pray for all those keyworkers working in our hospitals and shops, thank you to all those who are working to keep us safe.

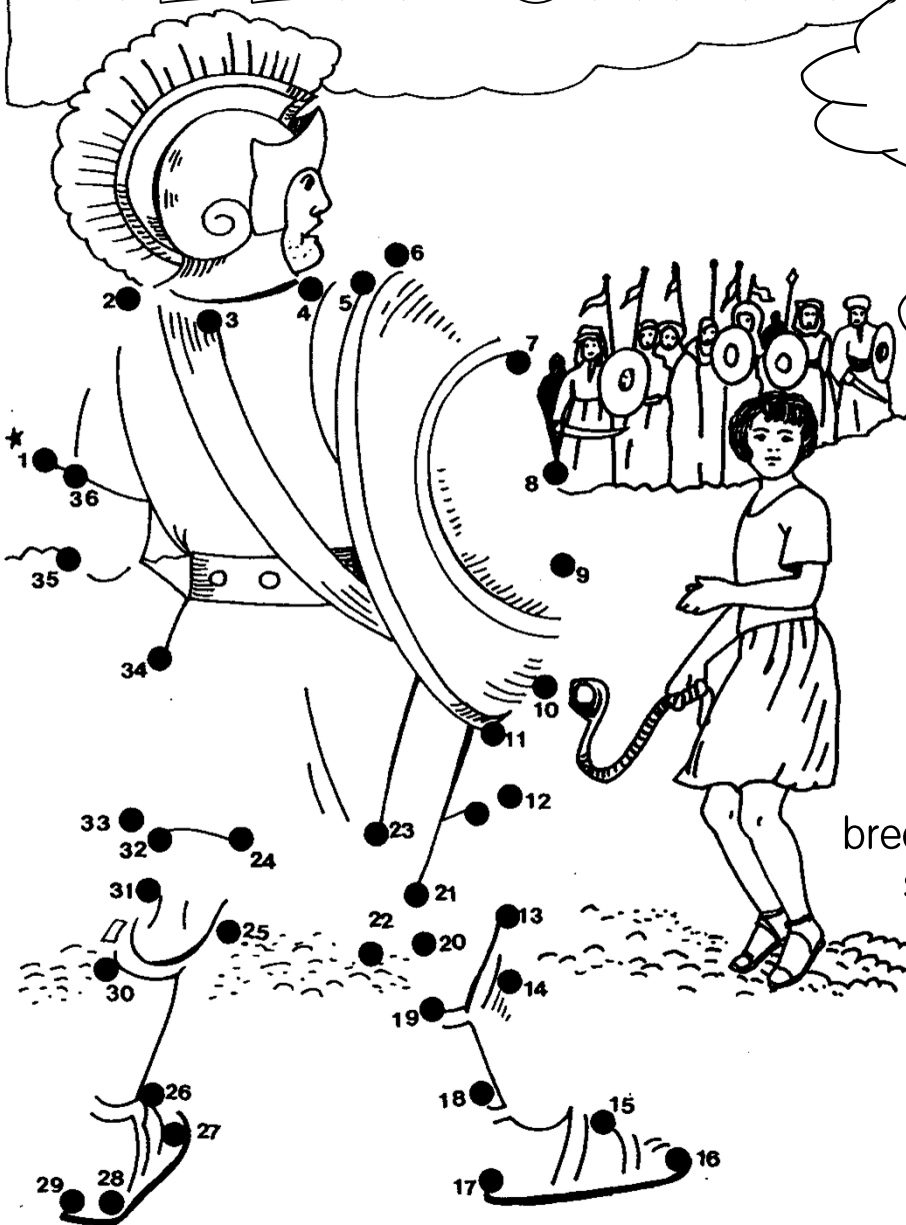
Psalm 56 v 11

I trust in God. I
will not be afraid.

What can people
do to me?



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b	♋	n	■
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helmet
shield
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astplate
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