



**Series Overview:** For a lot of us, recess is one of our favorite parts of the school day. We get to swing, slide, play hopscotch, or race our friends around the play area. Recess helps us to stay active so we can grow strong, but it also gives us a chance to grow in our relationships. In this five-week series, kids will discover through the stories in the books of Judges, Ruth, and 1 Samuel the unexpected ways God can help them grow. As they do, they'll learn how God helps us grow stronger, helps us belong, answers our prayers, tells us what is true, and can use anything we give.

**Bible Story:** David and Goliath: 1 Samuel 17:1–50

**Big Idea:** God, you help me overcome big things.

**Series Memory Verse:** “Sing to the Lord with grateful praise; make music to our God on the harp.” -Psalm 147:7

### **Lesson Guide:**

1. Dance and sing with your child to these songs.

- [Yancy & Little Praise Party - Praise the Lord Every Day \[OFFICIAL MUSIC VIDEO\] from Taste and See \(youtube.com\)](#)
- [Jesus Loves Me Remix |@CJandFriends Dance-A-Long with Lyrics |@listenerkids Music \(youtube.com\)| Will Pray \(youtube.com\)](#)
- [God Makes Me Brave | Mr. Music's Sing-Along Vol. 1 | LifeKids \(youtube.com\)](#)

2. Show this video to teach the Bible story.

- [TeachingSeriesVideo2\\_TurnItUp\\_Preschool\\_GrowKids on Vimeo](#)

### 3. Review the Bible story like this:

**\*Supplies: Bible**

- Open the Bible to 1 Samuel 17 and show your family where today's story comes from.
- Ask the following questions to review the story...
  - Who did God choose to be the next king of Israel? *David*.
  - Who was the giant that the people of Israel had to fight against? *Goliath*.
  - What did David use to overcome Goliath? *A sling and five stones*.
  - Can you think of a time when you overcame something? Or what is a big thing you need God's help with?
  - Who helps us overcome big things? *God*.

### 4. Practice the July Memory Verse like this:

**\*Supplies = a Bible and a cup or something to be used as a drum**

- Look up Psalm 147:7 in the Bible and read it to your family.
- Help the kids learn the verse and teach these motions to go along with it.  
<https://photos.app.goo.gl/H7t7xc9uXf9AaBUW8>
- Say the verse together as a family while making a beat on your drums.
- You could have a different person tap their drum for each word of the verse...go from person to person.
- Then do a beat and have your family try to copy it.
- Repeat several times.
- Let different volunteers make a beat and have everyone else try to copy it.
- Finish by saying the memory verse together again.
- Talk about how we can praise God with music and by trusting Him to help us overcome big things.

### 5. PRAY WITH THE YOUR FAMILY!