

FEAR BUSTERS

Im:Merse

1 Samuel 17

1. Who were the two armies that were on two hills? (v3)
2. How many days did Goliath stand before the Israelites? (v16)
3. How did David know the Lord would save him from Goliath? (v37)

Think about...

What would you say to David if you were to meet him before he was about to fight Goliath? How would you encourage him?

Im:Itate

Together as a family go outside and choose one stone or pebble each. Instead of fear this week, invite God to be your strength and to give you faith. David had strength to face the giant. God will give you the strength to face your giants - your problems - today.

David had great faith! Yet the Bible tells us that we only need faith as big as a mustard seed (that's tiny!) and we will be able to move mountains! He will give you all the faith you need!

Take your stone and imagine that it is your worries. It may feel heavy or rough, but remember that God can help you overcome those worries. Just as God helped David defeat Goliath He is able to help you defeat your fears. Those things may not go away; there will always be spiders, sharks, snakes, disease and viruses in this world. Yet you can remember that God is much greater than those things. He sent Jesus to save you. Acts 2:21 says, "And everyone who calls on the name of the Lord will be saved." We can call on Him and He will give us His eternal salvation. That means that no matter what we face, we know that we will spend forever with God in Heaven! We can call on God and His Holy Spirit will give us power to face our fears.

Another one of the amazing things about God's help in troubled times is that He gives us faith to overcome. That faith can help and encourage others. If you have markers or acrylic paint in your home, paint or draw pictures and words of hope onto your stones. Hide them outside for someone to find in the future.

im:Power

Father God, thank You that You give me power to overcome my fears. Thank You that You sent Jesus to save me. Help me to live for you today and every day. Amen.

web:link

[Gods Story: David and Goliath](#)

David and Goliath

