



KIDS of INTEGRITY

David & Goliath: Courage to Face Giants

God gives us courage to face big challenges. Just like David had faith that God would help him defeat the giant Goliath, we can overcome our fears and obstacles by trusting in him. Courage isn't about being the strongest or biggest – it's about relying on God's power.

Opening Prayer & Worship (10 min)

Start with a prayer asking God to give courage in difficult situations. Sing a song about trusting God (e.g., “Be Strong and Courageous.”)

Bible Story (15 min)

Read 1 Samuel 17. Use toy figures or dramatization to act out David and Goliath's battle.

STORY RECAP: The Israelites were at war with the Philistines, and the Philistines' greatest warrior was named Goliath. He was a giant over nine feet tall! Goliath challenged Israel's army to send a man to fight him. Everyone was terrified, including King Saul. But young David, a shepherd boy, had faith that God would give him victory. David told King Saul that he would fight Goliath without the help of any fancy armour or weapons – David took only his sling and five smooth stones. As Goliath mocked him, David declared that the battle belonged to the Lord. David struck Goliath in the forehead with a stone, and the giant fell. David's courage did not come from his own strength but from his trust in God. The Israelites' victory showed that no challenge is too big when we rely on God's power.

Discussion Questions (10 min)

1. Who was Goliath?
2. How did Goliath challenge the Israelites every day?
3. Why was everyone afraid to fight Goliath?
4. Who was David?
5. Why did David believe he could fight Goliath when none of the Israelite soldiers were brave enough to fight him?

6. What did Saul say to David when David offered to fight Goliath?
7. How did David respond to Saul's doubts?
8. Was David's confidence in his own power, or in God's?
9. What did David say when Goliath mocked him?
10. Who won the battle?
11. What kind of battles do you fight each day?
12. Can you fight these battles with your own strength?

Prayer Time

Pray for courage to face personal challenges and trust God in all circumstances. Ask kids to share which personal challenges they consider a “giant” in their life and pray for these circumstances specifically. You can also request prayer for a “giant” from your own life with the child to model praying for others.

SAMPLE PRAYER: *Dear God, I know that you will help me to be strong and courageous, even when I'm scared. Amen. Thank you that You promise to go before me and always be with me and that You will never leave me or forsake me (Deuteronomy 31:8). Amen.*

More Activities

MEMORY VERSE: Deuteronomy 7:9 – “Know therefore that the Lord your God is God; He is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.”

GAME: “Giant Knockdown” (15 min) – Kids can write their fears on paper cups, then use a ball (representing God's power) to knock them over.

Remember: These lesson plans are designed to be flexible! Feel free to add, remove, or adjust activities to best fit your schedule and the needs of your children.

For more ideas and resources, visit:
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Esther: Courage to Do the Right Thing

We can be brave even when it's hard. Queen Esther risked her life to save her people, trusting that God had placed her in a position to make a difference. Sometimes, doing the right thing is scary, but God gives us courage to stand up for others and make the right choices.

Opening Prayer & Worship (10 min)

Sing "My God is So Big" to emphasize God's power to help us be brave.

Bible Story (15 min)

Read Esther 4 and act out the story. Talk about how Esther's courage saved her people.

STORY RECAP: King Xerxes was the King of Persia, and Haman was a leader in the kingdom. After Queen Esther's cousin Mordecai refused to bow down to Haman, Haman tricked King Xerxes into signing a law to kill all the Israelite people living in Persia. Mordecai urged Queen Esther to speak up, reminding her that God had placed her as queen "for such a time as this." Approaching King Xerxes without an invitation was against the rules and was dangerous. After three days of fasting and prayer, Esther courageously entered the throne room, and King Xerxes welcomed her. She invited him and Haman to a banquet, where she revealed that her people were in danger. Shocked, the king asked who was responsible, and Esther pointed to Haman! The king had Haman punished, and the Jewish people were saved because of Esther's bravery.

Discussion Questions (10 min)

1. Who was Esther?
2. Why was Esther afraid to speak up?
3. How did Mordecai encourage Esther?
4. What happened when Esther trusted God and spoke up?
5. Have you ever been afraid to tell the truth or stand up for someone?

6. Why is it important to do what is right, even when it's hard?
7. How can we ask God for help when we need courage?
8. What are some ways we can speak up for others in our daily lives?
9. How did God use Esther's courage to help many people?
10. When has God given you the opportunity to do something brave?

Prayer Time

Before praying, brainstorm with kids possible situations in their own lives that would make standing up for what's right difficult. Pray for these situations and pray that each child will have bravery from God.

SAMPLE PRAYER: "Dear God, give us the courage to speak up for what is right, just like Esther did. Help us to trust you in every situation, knowing that you are always with us. Give us wisdom and strength to stand for truth. Amen."

More Activities

MEMORY VERSE: Psalm 56:3 – "When I am afraid, I put my trust in you."

CRAFT: "Bravery Crown" (15 min) – Kids make paper crowns and write one way they will be brave this week.

GAME: "Brave or Not?" (10 min) – Read different challenging situations (e.g., seeing a friend being bullied, witnessing someone act dangerously, peer pressure to disobey a teacher) and ask kids how they could do the right thing like Esther did.

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Daniel in the Lions' Den: Courage to Trust God

We can trust God no matter what. Daniel was thrown into a den of lions for praying to God, yet he remained faithful. Even in the face of danger, Daniel trusted that God would protect him. We can have that same courage when we rely on God's faithfulness.

Opening Prayer & Worship (10 min)

Sing "Trust in the Lord" to reinforce that God is always with us.

Bible Story (15 min)

Read Daniel 6 and use stuffed animals as lions to bring the story to life.

STORY RECAP: Daniel was a faithful servant of God and a trusted advisor to King Darius. The other advisors in the palace, jealous of Daniel's influence, tricked King Darius into signing a law that forbade praying to anyone except the king for 30 days, knowing Daniel would never stop praying to God. The law said that the punishment for praying to anyone besides King Darius was being thrown into the lion's den! Even though he knew the punishment, Daniel remained faithful, praying to God three times per day as he always had. Caught and thrown into a den of hungry lions, Daniel's story seemed over. But God sent an angel to shut the lions' mouths, and in the morning, Daniel was found unharmed. Amazed, King Darius declared that Daniel's God was the true and living God, whose power endures forever. Daniel's faith and courage led to God's name being honoured throughout the kingdom.

Discussion Questions (10 min)

1. How did Daniel show courage when he prayed?
2. What did King Darius learn about God through Daniel's faith?
3. How do you think Daniel felt while he was in the lions' den?

4. Why is it important to keep praying even when it's hard?
5. What challenges make it difficult to stand up for our faith today?
6. How can we be like Daniel in our everyday lives?
7. How did God protect Daniel?
8. How do you feel when you stand up for what is right?
9. What can we do when we feel pressured to do something wrong?

Prayer Time

Ask kids about situations in their lives where trusting God is difficult. Pray for these situations and express thanks to God for his trustworthiness. Ask God to give kids the courage to persevere through tough times. Ask God to help kids to trust him.

SAMPLE PRAYER: "Dear God, help us stand firm in our faith like Daniel did. Give us the strength to follow You, even when others do not. Help us to be bold in prayer and trust that you are always in control. Amen."

More Activities

MEMORY VERSE: Daniel 6:10 – "...he got down on his knees and prayed, giving thanks to his God, just as he had done before."

CRAFT: "Lion Paper Plate Mask" (20 min) – Make lion masks as a reminder to be courageous like Daniel.

GAME: "Lion's Den Obstacle Course" (15 min) – Kids crawl through a maze of "lions" (stuffed animals) to symbolize trusting God through scary situations.

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Walking on Water: Courage to Step Out in Faith

Jesus helps us be brave when we take a step of faith. When Peter stepped out of the boat, he could walk on water as long as he kept his eyes on Jesus. When he got scared and looked away, he started sinking. This teaches us that we can overcome fear by focusing on Jesus.

Opening Prayer & Worship (10 min)

Sing "Oceans" or "I Will Follow" to encourage faith.

Bible Story (15 min)

Read Matthew 14:22-33. Reenact Peter stepping out of the boat.

STORY RECAP: After feeding 5,000 people, Jesus sent his disciples ahead in a boat while he stayed behind to pray. Late at night, a fierce storm arose, and the disciples struggled against the waves. Suddenly, they saw Jesus walking toward them on the water! Terrified, they thought he was a ghost, but Jesus reassured them, saying, "Take courage! It is I. Don't be afraid." Peter, full of faith, asked to walk on the water too. Jesus called him, and Peter stepped out of the boat, walking on the waves! But when he took his eyes off Jesus and focused on the wind, fear took over, and he began to sink. Peter cried out, "Lord, save me!" and Jesus immediately reached out his hand and caught Peter. As they climbed into the boat, the storm calmed, and the disciples worshiped Jesus, realizing he truly was the Son of God.

Discussion Questions (10 min)

1. Why did Peter step out of the boat?
2. What happened when Peter kept his eyes on Jesus?
3. What happened when Peter started looking at the waves?
4. How did Jesus respond when Peter began to sink?
5. How can we trust Jesus when we feel scared?
6. What are some things that distract us from focusing on Jesus?
7. What does it mean to have faith in Jesus?

8. What are some ways we can grow our faith?
9. How can we encourage others to trust Jesus more?
10. What is something you need to trust Jesus with this week?

Prayer Time

Ask kids if they are facing any scary situations in the upcoming week. Pray for the courage to trust Jesus in those scary moments. Ask God to help kids keep their eyes on him. Express gratitude for God's trustworthiness, even when things are scary.

SAMPLE PRAYER: "Dear Jesus, help us to trust you even when we feel afraid. Teach us to keep our eyes on you and not on our fears. Give us faith to walk boldly in your plan for our lives. Amen."

More Activities

MEMORY VERSE: Matthew 14:27 – But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

GAME: "Water Walk" (15 min) – Kids step across blue fabric "water," pretending to walk on the waves to show their trust in Jesus.

CRAFT: "Footprints of Faith" (20 min) – Trace and decorate footprints with the words "Take Courage."

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Paul's Shipwreck: Courage in Storms

We can be courageous even in life's storms. When Paul faced a violent storm at sea, he remained calm and trusted in God's promise to protect him.

Opening Prayer & Worship (10 min)

Pray for peace in difficult times. Sing "My Lighthouse."

Bible Story (15 min)

Read Acts 27. Use props like blue fabric and paper boats to dramatize the storm.

STORY RECAP: Paul was a prisoner on a ship headed for Rome when a violent storm arose, battering the ship for days. The sailors and passengers were terrified and threw cargo overboard in a desperate attempt to stay afloat. Despite the chaos, Paul remained calm and encouraged everyone. He told them that an angel of God had appeared to him, assuring him that he would make it to Rome and that everyone on board would be saved. Paul urged them to trust in God's promise and not be afraid. After two weeks of stormy seas, the ship ran aground on an island, but just as God had said, every person survived. Paul's unwavering faith in the middle of the storm reminds us that no matter how difficult our circumstances are, we can trust in God's protection and plan.

Discussion Questions (10 min)

1. Why was Paul on a ship, and where was he going?
2. What happened when the storm came?
3. How did Paul encourage the people on the ship?
4. Why did Paul trust God even in the storm?
5. How can we trust God when things feel out of control?
6. How does God give us peace in tough situations?
7. What is one way you can show courage during a difficult time?

8. How can you help someone else trust God in their storm?

Prayer Time

Recall the "storms" that kids are facing in their lives and pray for those situations. Express gratitude that God gives us peace during storms. Pray for peace and courage during difficult times.

SAMPLE PRAYER: "Dear God, thank you for being with us in life's storms. When we face difficulties, help us to trust you and remain strong in our faith. Remind us that you are always in control and that we do not need to be afraid. Amen."

More Activities

MEMORY VERSE: Isaiah 41:10 – "Do not fear, for I am with you."

GAME: "Storm Toss" (15 min) – Kids hold a blanket with a ball and try to keep it steady, representing staying faithful in hard times.

CRAFT: "Anchor of Faith" (20 min) – Make paper anchors and write a Bible verse about trust on them.

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King Hezekiah: Courage Because the Big Guy's on Our Side

When we trust in God, we don't have to be afraid of anything—even powerful enemies. King Hezekiah trusted God when an enemy army threatened his people, and God protected them.

Opening Prayer & Worship (10 min)

Pray for faith in God's protection. Sing "God Is Bigger."

Bible Story (15 min)

Read 2 Chronicles 32 and discuss Hezekiah's faith.

STORY RECAP: King Hezekiah faced a terrifying threat when the mighty Assyrian army, led by King Sennacherib, invaded Judah. The Assyrians were known for their brutality, and their army was far stronger than Hezekiah's forces. Sennacherib sent messengers to intimidate the people of Jerusalem, mocking God and trying to shake their faith. But Hezekiah refused to be afraid. He encouraged his people, saying, "Be strong and courageous. Do not be afraid or discouraged because of the king of Assyria... for there is a greater power with us than with him" (2 Chronicles 32:7). Instead of panicking, Hezekiah turned to God in prayer. That night, God sent an angel who struck down 185,000 Assyrian soldiers, forcing Sennacherib to retreat in defeat. Hezekiah's story reminds us that when we stand firm in faith, God fights our battles for us.

Discussion Questions (10 min)

1. Who was King Hezekiah, and what problem did he face?
2. Why was the Assyrian army so scary?
3. How did Hezekiah respond when the enemy threatened his people?
4. What did Hezekiah do instead of panicking?
5. What did Hezekiah say to encourage his people?

6. Why is it important to turn to God when we're afraid?
7. How did God protect the people of Judah?
8. What does it mean that "God fights our battles"?
9. Have you ever felt like someone was against you? How did you handle it?
10. How can you remind yourself that God is on your side?
11. What is one way you can show trust in God this week?

Prayer Time

Pray for courage to trust in God's protection. Encourage kids to pray for situations that they might feel powerless to change, such as health issues, natural disasters, or world events. Model surrendering these situations to God and express gratitude that he is fighting the battles that we can't.

SAMPLE PRAYER: "Dear God, thank you for fighting our battles for us. Help us to trust in you like Hezekiah did, knowing that you are bigger than any problem we face. Give us courage to rely on your strength and not our own. Amen."

More Activities

MEMORY VERSE: 2 Chronicles 32:8 – "With us is the Lord our God to help us and to fight our battles."

GAME: "Wall of Faith" (15 min) – Build a tower with blocks while discussing how faith makes us strong.

CRAFT: "God's Shield" (20 min) – Create paper shields with the phrase "God protects" written on them.

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Psalm 91: Courage Because God is Our Protector

God is our refuge and strength, and we can find courage knowing he is always watching over us.

Opening Prayer & Worship (10 min)

Pray for peace in God's protection. Sing "Everlasting God."

Bible Story (15 min)

Read Psalm 91 and discuss how God keeps us safe.

STORY RECAP: Psalm 91 is a powerful reminder of God's protection over those who trust in him. It describes how God shelters his people under his wings, like a mother bird guarding her young. The psalmist declares that those who dwell in the presence of God will be kept safe from harm, whether from sickness, war, or hidden dangers. Even when trouble comes, God promises to be with us and to rescue us. The psalm speaks of God sending his angels to guard his people so that they do not stumble. It concludes with God's assurance: "Because he loves me, I will rescue him; I will protect him, for he acknowledges my name" (Psalm 91:14). This passage encourages us to place our trust fully in God, knowing that he is always watching over us, guiding us, and protecting us through every trial.

Discussion Questions (10 min)

1. How does Psalm 91 describe God's protection?
2. What are some things that make you feel afraid?
3. How does trusting God help us feel safe?
4. Why do you think God compares his protection to a bird covering its young with its wings?
5. What are some ways we can remind ourselves of God's promises?
6. How can we help others feel safe and loved?

7. Why is it important to pray when we are afraid?
8. What is one thing you can do this week to trust in God's protection?

Prayer Time

Thank God for always protecting us. Acknowledge that there are many dangers and hardships in life but give thanks to God for promising to be our refuge. Ask God for help in trusting him when things are hard.

SAMPLE PRAYER: "Dear God, thank you for being our refuge and protector. When we feel scared or alone, help us to remember that you are always with us. Give us peace and courage to trust in Your promises. Amen."

More Activities

MEMORY VERSE: Psalm 91:2 – "I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'"

CRAFT: "God's Wings" (20 min) – Draw a mother bird. Glue colourful feathers on her outstretched wings to represent how God's protection covers us (Psalm 91:4).

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