



WORD OF THE WEEK

1 Samuel 17: 45-50

While Saul was the King of Israel, the philistines continued to battle with them. One of the philistines was a huge giant named Goliath. Goliath was nine feet tall and it was impossible for anyone to fight him. He kept on daring Israelites telling them, "Philistines will become the servants of Israel if someone could fight Goliath." But King Saul and his army were scared.

David was very courageous and was not afraid of Goliath. With his shepherds staff in his hands, David went down to fight Goliath. David took out his slingshot and picked up five stones from a stream. He openly challenged Goliath and said, "You are coming against me with sword, spear, and javelin, but I come against you in the name of the Lord Almighty, the God of the Israelite armies, which you have defied. This very day the Lord will put you in my power; I will defeat you."

Goliath noticed that David was carrying a shepherd staff and laughed at David but David was not afraid. David ran towards Goliath, put a stone in his slingshot, and hurt the giant with the stone deeply at his forehead. Surprisingly, Goliath fell to the ground and David won a great victory for Israel.



PRAYER FOR THE WEEK

Dear Lord, inspire us to be courageous, but to know we can't do that without you. Lord help us trust in you completely, even when fear threatens to weaken our faith. You are greater and you are stronger than anything I will ever face. So when the time comes for me to be brave, help me remember you are always with me. Give me a courageous heart- a heart that does the right thing even if it's afraid. A heart that walks boldly with confidence into whatever you call me to do. Amen.

Our Word of the Week this week tells us the story of the epic battle between David and Goliath. The Israelite army was facing a mighty opponent, the Philistines. The Bible tells us that both armies were all prepared for battle. The Israelites were camped on one hill, and the Philistines were camped on another with a battlefield between them. There was a practice in those times that started with the Greeks to do a special type of battle. Rather than having every man fight, the two armies would settle the war by sending their best fighter out for a one-on-one battle. For the Philistines, that fighter was Goliath. Goliath was no joke. He was big, mean, and nasty. For forty straight days, Goliath would come out and taunt the Israelites. He would dare anyone to come out and fight him, but no one would take on the challenge. Every time Goliath spoke, the Israelites were terrified and hid. David was just a lowly shepherd boy. David's older brothers were all part of the Israelite army, and were camped out on the hill in front of Goliath. One day, David visited the camp to deliver some food and check on his brothers. While he was visiting, Goliath came out just like he did every day. David heard Goliath challenge the Israelites and mock their God. David saw everyone tremble with fear and hide from this beast of a man, but David didn't flinch.

Read this week's word of the week and reflect on times when you might have felt like David facing a giant problem, or fear, or difficult situation? What are the Goliath's you are facing in your life where you might need God's help to find the courage to overcome it?



How might you be courageous like David this week?
How might you help someone else who is feeling worried this week? Could you help them to be courageous by encouraging or helping them?

HAVE COURAGE

- What does it mean to be courageous?
- What is the most courageous thing you have ever done?
- Who are the most courageous people you know?
- Why do you consider them to be courageous?
- When do you need to have courage in your life?

What are the Goliath's are you facing in your life right now?

Take a moment to pray in silence, asking God to help you overcome the giants you are facing at the moment and ask him to remind you that you have everything you need to over come them.



"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

NELSON MANDELA



HERE ARE SOME BEAUTIFUL SONGS TO HELP WITH YOUR PRAYER AND REFLECTION THIS WEEK.

'Courageous' by Casting Crowns ([LISTEN HERE](#)).

'God of Justice' by Tim Hughes ([LISTEN HERE](#)).

'Take Courage' by Bethel Music ([LISTEN HERE](#)).

'Something inside so strong' by the Lewisham and Greenwich NHS Choir ([LISTEN HERE](#)).

DO YOU AGREE WITH THIS DEFINITION OF COURAGE? WHY/WHY NOT?