

TREK

Lesson 7 - "Trust God"

Series Objective: Students will learn:

- That a "Trek" is a long, vigorous journey.
- That every individual's life is their Trek.
- That the Bible is full of stories about others' Treks that help us to better understand how our Trek should be lived out.
- That being a disciple of Jesus is a daily Trek, not a one-time choice.

Series Theme Verse: "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." John 13:34-35

Lesson Objective: Students will understand:

- The story of David and his battle with Goliath
- We are to put our trust in God, all the time, even when the problem seems huge.

Lesson Passage: 1 Samuel 17:2-50

Lesson Materials:

Pre-service - Music, lights, announcement slides

Video – National Holidays with Andres

Activity – 4 more boards than number of students

Worship – Lyrics for TVs

The Story - Copy of story outline

Small Groups - Trek Journals, Pens,

The After Party – Fritos, Chili, Cheese, Giant Jenga, Sonic Cards

Attachments – None

Lesson:

Video: *National Holidays with Andres*

Activity: Trust Challenges

- Teams will complete two "trust" obstacles.
- Trust Obstacle #1
 - Students will get one more board than they have team members.
 - They will then have to get their team across the room using the boards.

- If someone falls off, they start over.
- Trust Obstacle #2
 - The Team is paired off.
 - Each pair holds hands.
 - One team member then lays on the hands of the other players.
 - They try to raise that player in the air and transport her/him across the room.
- The point of the games is to help students see that trusting can be hard but is rewarded when we put our trust in the right things/people.

The Story: (Talking Points)

- Theme Development: Trek
 - A long and vigorous journey usually made on foot.
 - Remind students of last week's scenic lookout (Visual Aid) of our Trek.
 - Luke 10:38-42
 - Jesus spent time with people: Community
 - We must work on our relationship with Jesus
 - Transition: "Our relationship with Jesus grows as we spend time with Jesus. The more time we spend with Jesus, the more we learn to trust Jesus."
- The Armies Gather: 1 Samuel 17:2-4, 8-11
 - The Philistines gathered their army together for war. Saul and the army of Israel gathered together. They camped in the Valley of Elah. They lined up their men to fight against the Philistines. The Philistine army was camped on one hill. Israel's army was on another. The valley was between them.
 - A mighty hero named Goliath came out of the Philistine camp. He was from Gath. He was more than 9 feet tall. Goliath stood there and shouted to the soldiers of Israel. He said, "Why do you come out and line up for battle? I am a Philistine. You are servants of Saul. Choose one of your men. Have him come down and face me. If he's able to fight and kill me, we'll become your slaves. But if I win and kill him, you will become our slaves and serve us." Goliath continued, "This day I dare the soldiers of Israel to send a man down to fight against me." Saul and the whole army of Israel heard what the Philistine said. They were terrified.
 - Goliath wanted a one-on-one battle because he was sure he could win.
 - Goliath was arrogant, and the Israelites were intimidated.

- David Arrives at the Battlefield: 1 Samuel 17:20-40
 - David reached the camp as the army was going out to its battle positions. He ran to the battle lines and asked his brothers how they were. As David was talking with them, Goliath stepped forward from his line. Goliath was a mighty Philistine hero from Gath. He again dared someone to fight him, and David heard it. Whenever Israel's army saw Goliath, all of them ran away from him. That's because they were so afraid.
 - David spoke to the man standing near him. He asked them, "What will be done for the man who kills this Philistine? Goliath is bringing shame on Israel. He dares the armies of the living God to fight him. Who does he think he is?" Someone heard what David said and reported it to Saul. So, Saul sent for David.
 - David said to Saul, "Don't let anyone lose hope because of that Philistine. I'll go out and fight him." Saul replied, "You aren't able to go out there and fight that Philistine. You are too young. He's been a warrior ever since he was a boy." But David said to Saul, "I've been taking care of my father's sheep. The Lord saved me from the paw of the lion. He saved me from the paw of the bear. And he'll save me from the powerful hand of this Philistine, too." Saul said to David, "Go. And may the Lord be with you." Then Saul dressed David in his own military clothes. He put a coat of armor on him. He put a bronze helmet on his head. "I can't go out there in all this armor," he said to Saul. "I'm not used to it." So, he took it off. Then David picked up his wooden staff. He went down to a stream and chose five smooth stones. He put them in the pocket of his shepherd's bag. Then he took his sling in his hand and approached Goliath.
 - David had come to check on his brothers.
 - David trusted God because of his relationship with God.
- David Challenges Goliath: 1 Samuel 17:42-50
 - Goliath looked David over. "Come over here," he said. "I'll feed your body to the birds of the air! I'll feed it to the wild animals!"
 - David said to Goliath, "You are coming to fight against me with a sword, a spear and a javelin. But I'm coming against you in the name of the Lord who rules over all. He is the God of the armies of Israel. He's the one you have dared to fight against. This day the Lord will give me victory over you. Then the whole world will know there is a God in Israel. The Lord doesn't rescue people by using a sword or a spear. And everyone here will know it. The battle belongs to the Lord. He will hand all of you over to us."

- As the Philistine moved closer to attack him, David ran quickly to the battle line to meet him. He reached into his bag. He took out a stone. He put it in his sling. He slung it at Goliath. The stone hit him on the forehead and sank into it. He fell to the ground on his face. So, David won the fight against Goliath with a sling and a stone.
 - David was fighting for God.
 - David was victorious because he trusted God.
- Transition to Small Groups: “In your Small Groups, you will be discussing what it means to trust God with your own Goliaths.”

Small Groups:

Beginning the Conversation

- Go around the room and have each person introduce themselves, beginning with the leaders, by answering two questions:
 - What is your name?
 - What would be your dream job?

Trek Journals

- Have Trek Journals and pens on table for students to grab
- Explain to students that part of small group will be journaling in their Trek Journal. Have students AND LEADERS write the following questions in their Journal (*it would work best if you had these questions written on a piece of poster board to make it easier to copy into the journal*) and take about 5 minutes to respond to the questions in their Journals.
 - What is my favorite part of the story I heard in Big Group?
 - What does this story tell me about God?
 - Why did God work through David rather than the king’s army?
 - How did David show he trusted God?
 - How do I show that I trust God?
 - What does this story say about me?
 - What does it mean for me to trust God?
 - What Goliaths, or large problems, do I have in my life that I need to trust God with?
- After 5 minutes, have everyone (leaders first) answer the first question out loud to the group.
- Work through the rest of the questions together, letting a couple answer each question.

- The final two questions can be very personal, allow students to answer only if they want to.
- Close in a prayer like, “Faithful God, help us to trust you more as we grow closer to you in relationship...Amen.”

The After Party:

Frito Pies

Giant Jenga

- Set up Giant Jenga in the middle of the room.
- Let teams send a person forward to play one at a time.
- The last successful team to move a piece wins.