

Battling the Giants in Your Life

Objective: Teaching students that every Christian battles a different sin but teens can live a Godly life.

Gather Materials

You'll need the following materials to complete this activity:

- River rocks (can be purchased at most hobby stores)
- Permanent markers in black, gold and silver
- Small drawstring bags or a container to place finished rocks in to take home as a reminder of the lesson.
- Small cross that you can lay on the floor for the activity

Read Scripture

1 Samuel 17: 40-49

Group Work/Discussion

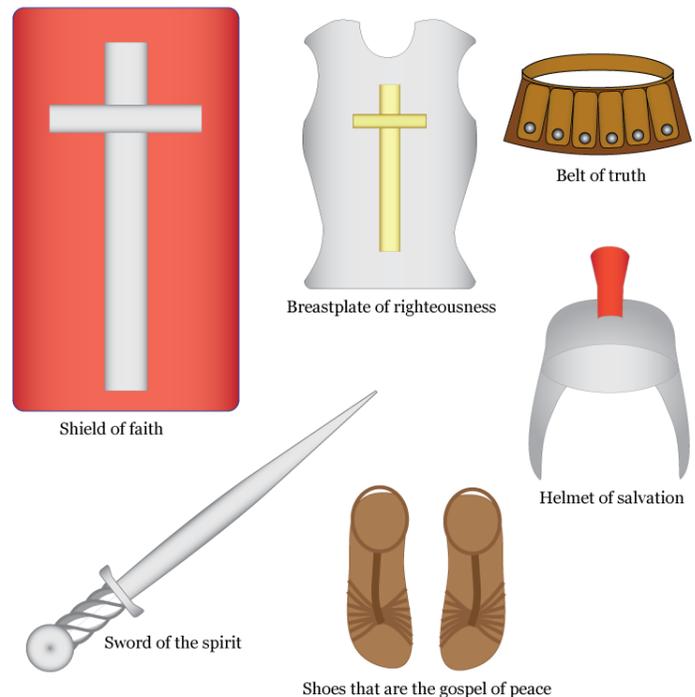
Talk to the students about how David defeated the giant.

- He chose his weapons carefully
- He went in the name of the Lord Almighty

Segue into the idea that we all have giants to face as Christians. The giants are the sins we must overcome. One person may struggle with gossiping about others. Another may struggle with being disrespectful. Some may struggle with other sins, such as sexual immorality or drug abuse. Ask the students to name different sins people struggle with.

Tell the students that God knows their sins, but has come up with some ways for them to battle those sins. Can they name any of them? Be sure to cover the following points with the students:

- God's armor as found in Ephesians 6:10-18
 - o Belt of truth – the truth of what Jesus did for us and why we strive to please Him
 - o Breastplate of righteousness – it is important that others can tell we are Christians by the way we live. People are watching us even when we don't think they are.
 - o Shoes that are the gospel of peace – don't start arguments and be difficult with people.
 - o Shield of faith – your faith can see you through difficult times. Talk to the students about people they know who have strong faith and how they can tell that person is faith-filled.
 - o Helmet of salvation – Be certain of your salvation. We all sin every day. How you know you are saved is when you feel bad about your sinful nature and strive to change and be more Christ-like.
 - o Sword of the spirit – God's word is the Christian's sword. You must read your Bible, memorize scripture, talk about scripture and study it.
 - o Prayer – The passage also tells us to be in prayer.



Activity

Have the students arrange their chairs in a circle. Place a cross in the center of the circle on the floor. Pass out three rocks and a permanent marker to each student. Ask them to write their sins on the rocks. Using black rocks for the sins and white rocks for the second part of this activity can give it an interesting twist. Instruct the students that when they are ready, they should walk to the center of the circle and place their rocks in a pile on the floor. After laying down their “sins” at the cross, the students should return to their seats and spend a few minutes in silent prayer with God.

Once all the students have placed their rocks at the cross and you’ve allowed a few minutes for prayer, pass out seven rocks to each student. If they are a different color, then you may want to exchange the markers for different colored markers. Ask the students to write words that represent God’s armor to them. Suggest some of the following:

- Prayer
- Bible
- Salvation
- Redemption
- Joy
- Strength
- Faith
- Truth
- Hope
- Righteousness
- Peace
- Love

Invite the students to come back to the cross in the center of the circle one at a time and cover over their sins with God’s armor. Explain that this represents how they can overcome these sins. When the last student has gone to the center of the circle, all of the “sin” stones should be completely covered.

Finish by explaining that the Christian life not only gives us the tools to overcome our personal giants, but that Jesus’ sacrifice covers those sins as though they don’t exist, much like the armor stones cover the sin stones.

Pass out small bags. Invite the students to go back and pick up the rocks and take them home.

Lesson Points

- Every person sins or has his ‘giants’ to battle.
- The only way to defeat a giant is with God’s help.
- God’s helps us with Christian armor.
- The students should keep their rocks with the words on them where they will see the rocks often and be reminded of putting on God’s armor to battle sin.

Additional Note: For lessons where students are revealing sins or personal details, it is a good idea to start and end the lesson with a reminder that what is discussed in the lesson is not shared outside of youth group or gossiped about with others. This can be particularly important in a small community. The students should all be able to feel that youth group is a safe haven where they can talk through issues they are dealing with without fear of others talking about them behind their backs.