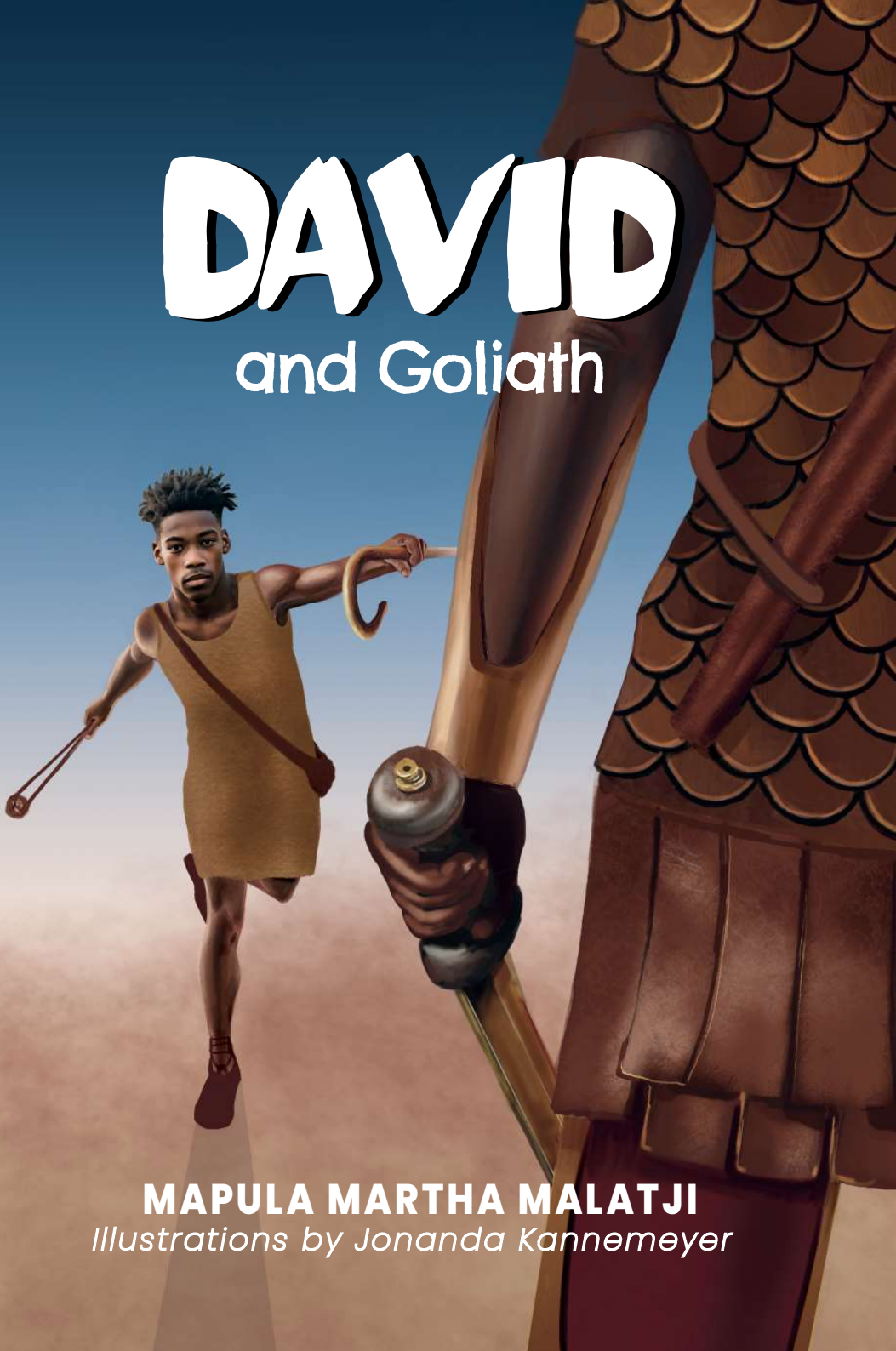
DAVID
and Goliath



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Illustrations by Jonanda Kannemeyer

DAVID AND GOLIATH

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OLD TESTAMENT BIBLE STORY

1 SAMUEL 17

DAVID

and Goliath

In ancient times in a place called the Valley of Elah, there was a giant named Goliath. He was very big and strong, and he was part of a group of warriors called the Philistines. The Philistines and the Israelites were enemies, and they often fought battles against each other.

One day, the Philistines and the Israelites gathered on opposite sides of the valley. Goliath came forward and shouted, "Choose one of your men to come and fight me! If he can beat me, we will be your servants, but if I win, you will be our servants."

Goliath was so big and scary that the Israelite soldiers were terrified. No one wanted to face him in a battle.

Among the Israelites, there was a young boy named David. He wasn't a soldier. He was a shepherd who took care of his father's sheep. David had a lot of faith in God, and he was very brave. When he heard Goliath's challenge, he said, "I will go and fight the giant."

King Saul was with the Israelites in the valley, and he said to David, “You are only a young man, and Goliath has been a warrior from his youth.” But David responded, “I have been keeping my father’s sheep. When a lion or a bear came and carried off a sheep from the flock, I went after it, and rescued the sheep from its mouth. When it turned on me, I struck it down. I have also struck down both the lion and the bear to protect my sheep.”

So King Saul gave David permission to fight Goliath. Saul put a coat of armor and a bronze helmet on David, but David said, “I cannot go in these because I am not used to them.” So he took them off and wore his own clothes.

Then David took his staff in his hand, chose five smooth stones from the stream, and put them in the pouch of his shepherd's bag. He also had a slingshot.

Goliath laughed at him. He said, "Am I a dog that you come to me with sticks?" But David replied, "You come against me with a sword and spear, but I come against you in the name of the Lord Almighty, the God of the armies of Israel."

Then David put a stone in his sling, swung it around in the air, and let it fly. The stone hit Goliath right in the forehead, and Goliath fell to the ground, defeated. The giant was no match for David's trust in God.

The Philistine army was shocked, and the Israelite soldiers cheered in victory. They chased away the Philistines, and David became a hero. He showed that even the smallest and youngest person can do great things with faith and bravery.

Prayer

Dear Lord, thank You that just like David, we can trust that You are with us, helping us to overcome the giants in our lives.

Questions

1. Who were the people fighting against the Israelites?
2. What was the name of the bad man no one wanted to fight?
3. Who agreed to fight him?
4. How did he overcome the bad man?
5. Why didn't the King's warriors want to fight?

The Chiefs who laughed at each other

Once upon a time two chiefs lived on the top of neighbouring mountains. Chief Manaswe ruled on one mountain, and Chief Sebati ruled on the other. These chiefs hated each other, and lived by laughing at each other.

In Chief Sebati's chiefdom, fields of grain were cultivated, women ground grain, cattle were raised, cows were milked, and meat was eaten.

In Chief Manaswe's chiefdom, it was popular to eat food with a lot of sugar. The people gained so much weight it was as if they were competing. In the middle of the mountains, there were giants waiting in the valley, so people were afraid to cross over.

Many of Chief Manaswe's people were harmed by the giants appointed by King Sebati because they were too fat and they could not run faster than the giants.

It was known that the maidens of Chief Sebati were the most beautiful women in South Africa, while those of Chief Manawe's vilage did not even try.

One night an owl cried near Chief Manaswe's house. He got up to chase it away, and it cried out even more. The owl said that the king should choose a man from the city who would be able to cross to the mountain of Chief Sebati to see what the people ate and how they lived. The owl said he would put the giants to sleep so that the messenger could pass through the valley.

Chief Manaswe gathered the young men in the morning. Among them was a strong man named Monyepao. He also had faith in God. Monyepao was chosen because he knew the mountain language of Chief Sebati.

He crossed the valley and stayed for two months in Chief Sebati's kingdom. He brought back Mosima, a beautiful woman who taught the people about nutrition. When the people saw and heard about Mosima and Monyepao, they began to dislike sugary food because it hurt their bodies.

Young women and men began to exercise and eat differently. The chief was so impressed that he advised the young women to enter beauty contests. The two chiefs became friends and agreed to marry Monyepao and Mosima.

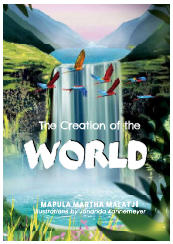
Prayer

Dear God, please help us to take care of our health and our bodies. Teach us not to laugh at those who are different from us.

Questions

1. Why did the kings laugh at each other?
2. What trap did King Sebati set between the mountains?
3. What were King Manaswe's people doing that was unhealthy?
4. What was the message from the owl?
5. Would you rather have physical muscles or faith muscles in God?

David and Goliath *is one of 20 books featuring 10 Old Testament (OT) and 10 New Testament (NT) stories, each with a practical reflection story based on the Bible story.*



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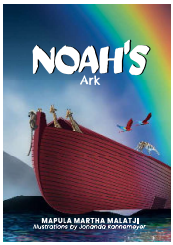

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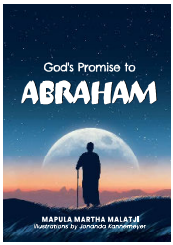

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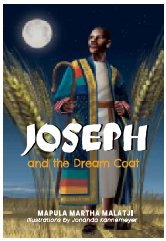

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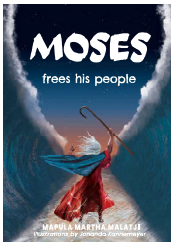

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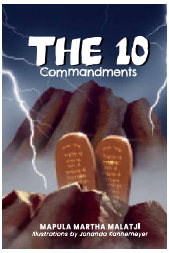

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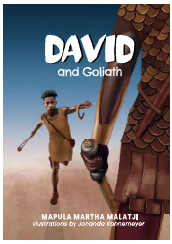

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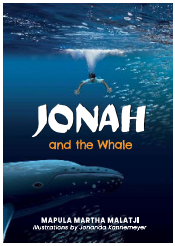

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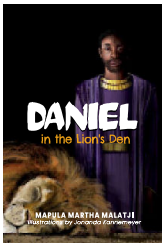

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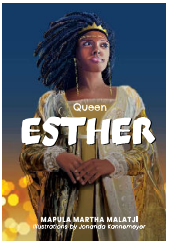

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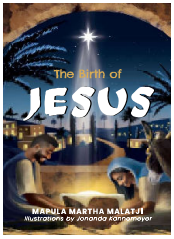

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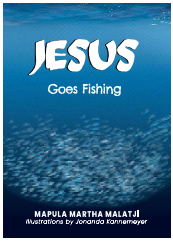

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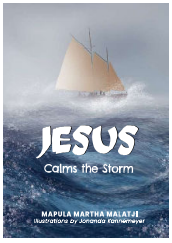

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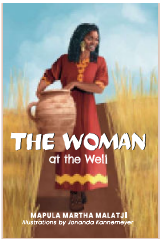

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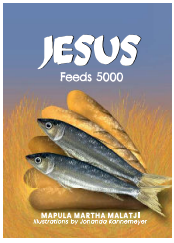

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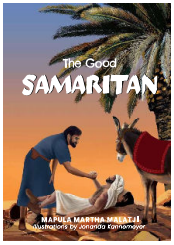

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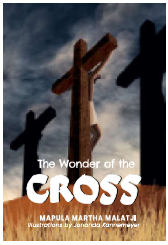

NT Book_9

NT Book_10

David and Goliath

This story reminds us that no matter how big our problems may seem, we can face them with courage and faith.

The Chiefs who laughed at each other

In this book we learn that we should not hide our abilities. We will also see how Monyepao and Mosima were able to bring their communities together and live healthy lives.

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English