



# SABBATH KEEPING YOUTH

A Newsletter by The Church of God International

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A natural disaster has never hit the United States like hurricane Katrina. Millions of people along the Gulf Coast are suffering. When facing suffering and death of this magnitude, one may be inclined to give up in despair.

David wrote Psalm 3 when he fled from Absalom his son. The theme of the Psalm is to be resolved to trust God for protection and peace. When circumstances go against us, it is easy to think God is also against us. In this Psalm, David reminds us the opposite is true. When life does not go as planned, don't blame God seek Him.

I urge everyone to continue to pray for those who have been affected by hurricane Katrina. God does hear and respond to urgent prayers. David cried out to the Lord and He heard him, we too can do the same. Search for ways you can physically help your fellow man. Many are hungry, tired, jobless and homeless.

All are in our prayers,

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## David and Goliath I Samuel 17

Have you ever questioned your faith in God? Have you ever wondered if God would keep His promises to you? David was a boy who did not question God's protection of him or God's help. He knew without a doubt that God was with him and was going to protect him.

When David was a boy there was a war going on between Israel and the Philistines. David's three oldest brothers were in the army of Saul. David took care of his father's sheep. The Israelites and Philistines were on opposite sides of the Valley of Elah. The Philistine army was trying to scare the Israelites with their champion fighter named Goliath. Goliath was over nine feet tall. He wore "a bronze helmet on his head

and a coat of bronze armor that weighed about one hundred twenty-five pounds. He wore bronze protectors on his legs, and he had a bronze spear on his back.” (I Samuel 17:5-6) Everyday for forty days Goliath would shout out to the Israelites, “Why have you taken positions for battle? I am a Philistine, and you are Saul’s servants! Choose a man and send him to fight me. If he can fight and kill me, we will be your servants. But if I can kill him, you will be our servants. Then he said, ‘Today I stand and dare the army of Israel! Send one of your men to fight me!’” (I Samuel 17:8-10). Hearing this scared Saul and the Israelites.

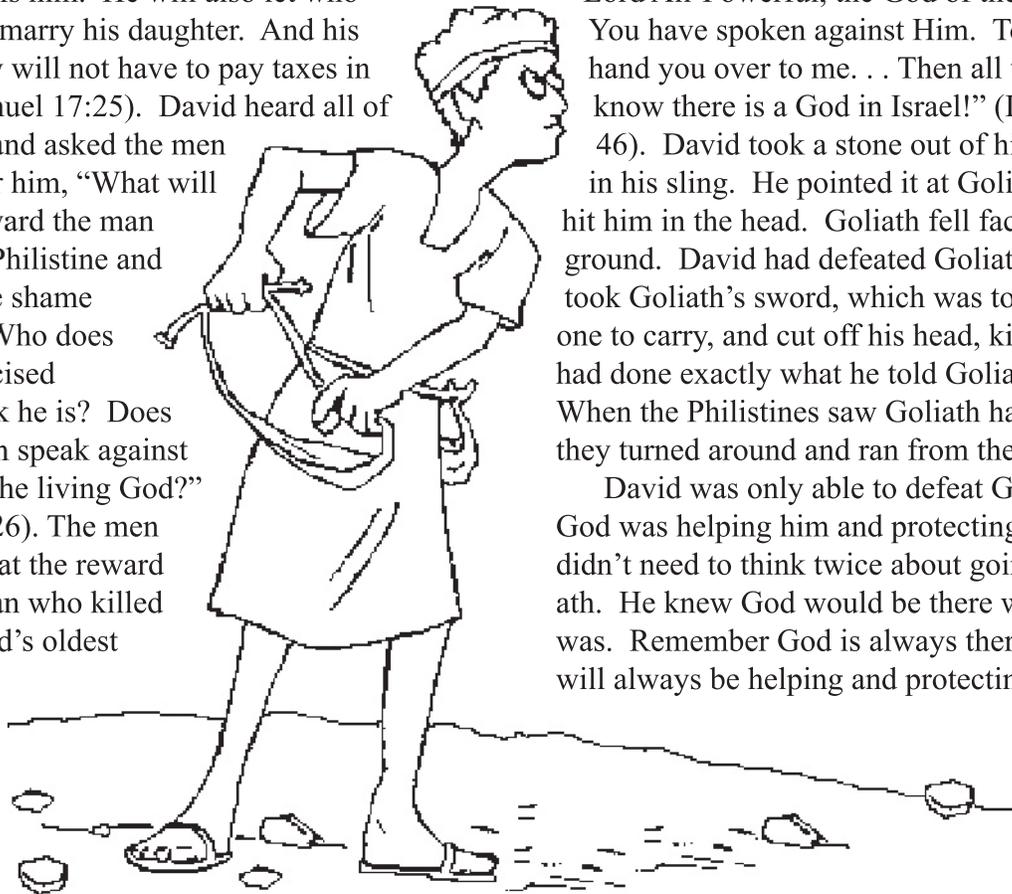
One day David’s dad told him to go take some food to his brothers and to see how they were doing. When David arrived at the Valley of Elah the armies were lining up in their battle lines getting ready to fight each other. David ran to see his brothers in the battle line. While David was there talking with them Goliath came out and shouted at the Israelites again. This scared the Israelites and they ran away. “They said, ‘Look at this man! He keeps coming out to challenge Israel. The king will give much money to whoever kills him. He will also let whoever kills him marry his daughter. And his father’s family will not have to pay taxes in Israel’” (I Samuel 17:25). David heard all of this going on and asked the men who were near him, “What will be done to reward the man who kills the Philistine and takes away the shame from Israel? Who does this uncircumcised Philistine think he is? Does he think he can speak against the armies of the living God?” (I Samuel 17:26). The men told David what the reward was for the man who killed Goliath. David’s oldest

brother was angry when he heard David talking.

Saul was told about David and sent for him. “David said to Saul, ‘Don’t let anyone be discouraged. I, your servant, will go and fight this Philistine!’” (I Samuel 17:32). Saul didn’t want David to go fight Goliath because David was only a boy. David explained to Saul that when he watched his father’s sheep he has killed a lion and a bear to save the sheep from them. “This uncircumcised Philistine will be like them because he has spoken against the armies of the living God. The Lord who saved me from a lion and a bear will save me from this Philistine.” (I Samuel 17:36-37) So, Saul gave David his armor and David put it on. David was not used to wearing armor to fight in so he took it all off.

“He took his stick in his hand and chose five smooth stones from a stream. He put them in his shepherd’s bag and grabbed his sling. Then he went to meet the Philistine” (I Samuel 17:40). Goliath headed toward David. When he saw David was only a boy he was disgusted. He shouted ridicule at David. David said to him, “You come to me using a sword and two spears. But I come to you in the mane of the Lord All-Powerful, the God of the armies of Israel! You have spoken against Him. Today the Lord will hand you over to me. . . Then all the world will know there is a God in Israel!” (I Samuel 17:45-46). David took a stone out of his bag and put it in his sling. He pointed it at Goliath and the stone hit him in the head. Goliath fell facedown on the ground. David had defeated Goliath. He went and took Goliath’s sword, which was too heavy for anyone to carry, and cut off his head, killing him. David had done exactly what he told Goliath he would do. When the Philistines saw Goliath had been killed, they turned around and ran from the Israelites.

David was only able to defeat Goliath because God was helping him and protecting him. David didn’t need to think twice about going to fight Goliath. He knew God would be there with him and He was. Remember God is always there for you and He will always be helping and protecting you.





## Spying In The OT

The twelve spies were assembled. Their mission was simple. Investigate a large piece of land and

gather information. They needed to know about the people who lived in the land, the kinds of trees and bushes, what fruits and vegetables were there, and everything about the cities. The men would be gone for over a month. When they returned they brought fruit and gave a full report of all that was in the land.

This spy story comes straight from the Old Testament in the book of Numbers. The twelve spies were appointed by Moses and sent into the land of Canaan. The men discovered a land that was like paradise. It had everything they could want. It was the most wonderful thing they had seen since living in Egypt. There was only one problem; the land was full of giant warriors.

When the spies returned, ten of them only talked about the giants who would kill them if they went back into this paradise. Two of the spies, Caleb and Joshua, told Moses all the great things. Giants or no giants, God wanted Moses and his people to march in and take over this paradise. Caleb and Joshua were ready to do that, but the other ten spies let the giants turn them into big chickens. Unfortunately, the Israelites decided not to take what God had promised them. Because the Israelites did not obey God, they had to wait another 40 years before they would have another chance to live in this paradise called Canaan.

Remember the little boy David? He killed one of those giants proving that God is bigger than any problem in our lives. Is there a giant problem in your life that seems scary? Maybe mom and dad are fighting a lot. Maybe school is really tough, or you're in a new school. Whatever it is, remember this...God is waiting for you to ask Him to take out the giant problems in your life! Ask God for His help today!

### The Parents' Corner

Imagine yourself as a top international spy. You would only be called to solve the toughest cases, like who took the last cookie from the cookie jar. Before you can begin solving cases this tough, you need some practice. So, gather up some friends, and have fun testing your spy skills with these games.

#### *Something's Fishy About This Place*

Everyone except for one person leaves the scene. The scene can be a backyard, bedroom, living room, etc. The person left behind makes one change to the scene. They might move a toy, turn a picture upside down, or close the blinds. Everyone comes back and tries to figure out what's fishy about the scene. If no one can figure out the answer, then the person who made the change begins giving clues. The person who guesses correctly gets to stay behind and make the next change to the scene.

#### *The Search Is On*

Place 10 small objects in a box with a lid. Make a list of the items and put the list in the box. Objects you might use are a marble, pen, coin, square of tissue paper, etc. One person stays in the room with the box, while everyone else leaves. The person in the room hides the objects in plain sight. After all the objects have been hidden, everyone comes back into the room. The person who stayed behind reads the list one item at a time. Whoever finds each item first gets a point. If a player sees an item that has not been called, they can't run to it until the object has been called from the list. Everyone takes a turn hiding the objects. The person with the most points at the end is the winner.

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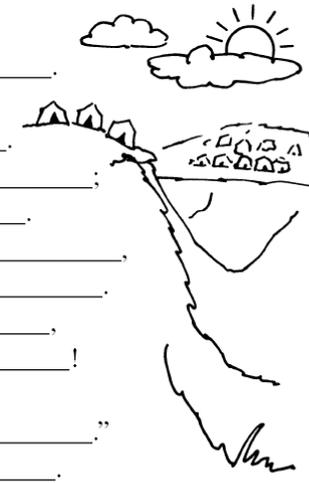
## David and Goliath Fill In the Blank

**T**he armies of the Philistines and Israel were camped on opposite sides of the valley of Elah. What happened there?

Fit in pairs of rhyming words to complete the story.

day there call stand set tall king joke bear then stand head too  
away care Saul land yet fall bring spoke there men land dead drew

For 40 days, this Philistine came and took his \_\_\_\_\_.  
Over 9 feet tall Goliath stood, the champion of his \_\_\_\_\_.  
He shouted and defied God of Israel each \_\_\_\_\_;  
He struck fear into everyone and kept them all \_\_\_\_\_.  
While tending sheep in Bethlehem, young David heard a \_\_\_\_\_;  
His father Jesse wanted him to visit the camp of \_\_\_\_\_.  
He had some cheese and bread to send to his three brothers \_\_\_\_\_,  
So David set off for the camp to deliver the package of \_\_\_\_\_.  
Now at the camp, the soldiers stood at battle lines all \_\_\_\_\_,  
But not one man had dared to take this Philistine on \_\_\_\_\_!  
David was surprised at that and went to see the \_\_\_\_\_;  
"I'll go and fight this giant man and glory to God will \_\_\_\_\_."  
Saul said to him, "A boy you are, and he is fierce and \_\_\_\_\_.  
Why do you think that you can make this fighting giant \_\_\_\_\_?"  
Young David said, "I did protect my sheep from lion and \_\_\_\_\_;  
My Lord delivered me from these and will be with me \_\_\_\_\_!"  
With no armor or sword, only 5 smooth stones, he approached Goliath \_\_\_\_\_;  
His sling in hand, God by his side, he had more courage than all those \_\_\_\_\_.  
With weapons drawn, Goliath laughed and thought it quite a \_\_\_\_\_,  
But David was quite serious and words like this he \_\_\_\_\_,  
"In the name of the Lord Almighty I come, and with Him now I \_\_\_\_\_,  
Soon the whole of Earth will see that God is in Israel's \_\_\_\_\_."  
As Goliath moved in to attack, David ran closer, \_\_\_\_\_;  
And into his shepherd's pouch he reached, and one smooth stone he \_\_\_\_\_.  
He put the stone into his sling and aimed at Goliath's \_\_\_\_\_.  
It hit the mark, and the mighty giant fell on the ground, \_\_\_\_\_!



(Read 1 Samuel 17:51-54 for the rest of the story!!)

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