David was a boy who took care of sheep. His big brothers were soldiers trying to protect their people. One day, David’s father sent him to take food to his brothers.

When David got there, he saw a giant soldier named Goliath. Goliath said if anyone could beat him, the war would be over. But no one was brave enough to fight him.
David said he would fight Goliath. The king told David no. David was only a boy, and Goliath was strong and big! But David knew God would help him. Finally, the king said, “Go, and the Lord be with thee.”

David did not wear armor like Goliath did. He picked up a stone and put it in his sling. He threw the stone at Goliath’s forehead. Goliath fell. David won! He had saved his people.
Sometimes I face scary problems. When I ask God for help, He helps me be strong.

From 1 Samuel 17.