



Helping Kids Face School Stress God's Way

When School Feels Overwhelming

Lesson Aim

To help children see that God is bigger than any “giant” they face at school and that He gives peace when they trust Him.

Scripture Focus

- *“Come to me, all who labor and are heavy laden, and I will give you rest.”* (Matthew 11:28, ESV)
- *“Peace I leave with you; my peace I give to you...”* (John 14:27, ESV)
- *“Trust in the Lord with all your heart... and he will make straight your paths.”* (Proverbs 3:5–6, ESV)

Connect

- **Connection Point:** Ask: “What are some things at school that feel like a giant and too big to handle (tests, bullies, homework, trying to fit in)?”

Teach

- Read or retell the story of David and Goliath (1 Samuel 17).

David and Goliath

The army of Israel was stuck. Every morning and every night a giant named Goliath came out to challenge them. He was over nine feet tall, wore heavy armor, and shouted: “Send me a man to fight me!” The soldiers were stressed, worried, and afraid. No one wanted to face him.

One day, David, a young shepherd boy, visited the camp to bring food to his brothers. When he heard Goliath mocking God’s people, David wasn’t scared. He said, “The Lord will help me. The battle belongs to Him.”



Church Lesson | School Stress

King Saul tried to give David his armor, but it was too heavy. David chose five smooth stones and trusted God to fight for him.

When Goliath came closer, David ran toward him, slung one stone, and hit the giant right on the forehead. Goliath fell to the ground, and the army of Israel cheered.

David didn't win because he was the strongest or the biggest. He won because he trusted God with a giant problem that was too big for him to handle alone.

- **Discussion Questions:**

1. Why wasn't David stressed like everyone else?
2. What did David believe about God that gave him courage?
3. What "giants" at school can we trust God with?

Model

- **Practice Together:** Repeat the truth: "God is bigger than my school stress."
- **Group Response:** Shout together: "The battle is the Lord's!" (1 Samuel 17:47).
- **Role-Play/Charades:** Act out school stress scenarios (forgetting homework, facing a bully, being left out) and practice responding with trust in God.

Pray

- "Dear God, sometimes school feels like a giant we can't beat. Thank you that you are bigger than every stress we face. Help us trust you like David did. Amen."

Craft/Activity

"Facing My Giant" Shield Craft

- **Materials:** Paper plates or cardstock shield shapes, markers, aluminum foil (for covering), tape, popsicle sticks or handles.
- **Instructions:**
 1. Cover shield with foil or color it to look strong.
 2. Write one school stress/giant on the front (test, bully, worry).
 3. Across it, write "God is Bigger!" and the memory verse reference (Matthew 11:28 or Proverbs 3:5-6)
 4. Attach handle to hold up.
- **Use:** At the end, all kids hold up shields and say together: "God is bigger than my school stress!"

Takeaway

- God gives strength for every challenge.