



Helping Kids Face School Stress God's Way

When School Feels Overwhelming

Learning Objectives

By the end of this lesson students will be able to:

1. Explain how David trusted God instead of being weighed down by fear or stress.
2. Identify “giants” in their own lives (school stress, tests, bullies, fitting in) and connect them to God’s help.
3. Practice giving worries to God through prayer and remembering His promises.

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)

Lesson Flow (25 min)

1. Connect (3 min)

- **Opening Thought:** Ask: “What are some things at school that can feel like a giant, something too big to handle?”
- **Assessment:** Teacher observes student attentiveness and willingness to share.

2. Teach (7 min)

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

David and Goliath

The army of Israel was afraid because every day a giant named Goliath came out to challenge them. He was huge, strong, and no one dared to fight him.



School Lesson Plan | School Stress

One day, David, a young shepherd boy, came to the camp and heard Goliath mocking God's people. While everyone else was stressed and afraid, David trusted God. He said, "The battle belongs to the Lord."

David didn't wear armor or carry a sword. Instead, he chose five smooth stones and a sling. When Goliath came near, David ran toward him, slung one stone, and knocked the giant to the ground. David won—not because he was the biggest or strongest—but because he trusted God with a giant problem.

- **Discussion Questions:**

1. Why wasn't David stressed like everyone else?
2. What did David believe about God that helped him face the giant?
3. What can we learn from David when we face our own "giants" at school?

- **Assessment:** Teacher checks understanding through answers and engagement.

3. **Model** (7 min)

Choose one or two activities based on group size and energy:

- **Role-Play/Charades:** Students act out "school stress giants" (like a test, bully, or worry) and then practice saying the truth statement aloud.
- **Drawing/Pictionary:** Draw a "giant" on one side of the board labeled with stresses and write "God is bigger" across it in bold letters.
- **Assessment:** Teacher observes engagement and whether students apply the truth to examples.

4. **Pray** (2-3 min)

- "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."
- Invite students to quietly name one "giant stress" in their hearts and give it to God in prayer.
- **Assessment:** Teacher observes participation and reverence during prayer.

5. **Closing/Reflection** (5 min)

- **Key Takeaway:** God gives strength for every challenge.
- **Student Reflection:** One giant I want to give to God is... (spoken or written).
- **Teacher Closes:** Relate takeaway, re-read Proverbs 3:5-6, and encourage kids to give their "giants" to God this week.
- **Assessment:** Teacher listens for understanding and whether students recall the takeaway or verse.

Optional Extension

- **Independent Practice:**
 1. **Worksheet:** Draw your "school stress giant" on one side of a page and on the other side write or draw how God helps.
 2. **Journaling:** "One giant I'm facing this week is _____. I can trust God because He is bigger."