

# STRONGHOLD

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## THE MIGHTY MEN ASSEMBLE

### FOCUS

1 SAMUEL 21:1, 6, 9 & 12-13, 1 SAMUEL 22:1-2 &  
2 SAMUEL 21:22

David ran away from Saul! He visited the priest and received bread and Goliath's sword. Then after visiting the king of Philistine he went to a cave and his family and men started coming to him! Men who would one day be mighty!

### ACTIVITIES

#### 1. BREAD

**TALK:** David was on the run from King Saul who was trying to kill him. The first place he stopped was at Nob to talk to the priest and ask for bread for him and his men! The priest did not have anything but the bread that had been in the tabernacle on the table of Shewbread! So David got the 12 pieces of consecrated bread!

**ACTIVITY:** Help your Tiny Arrow count out 12 crackers and place them in the baggie!

#### 2. A SWORD

**TALK:** David then asked the priest for a sword and the priest gave him the only sword he had—Goliath's sword!

**ACTIVITY:** Have your Tiny Arrow ask you for a sword, then give them the sword wrapped in cloth and tell them they can unwrap it. Then place the "giant killer" sticker on themselves and the sword.

### MATERIALS

12 crackers and a sandwich size baggie (1 set per child)  
Small sword (1 per child)  
Giant Killer stickers (1 set per child)  
Cave or tent  
Piece of paper (1 per child)  
Mighty Men puppets (1 set per child)  
Crayons

### CORRESPONDING VERSE

DAVID WENT TO NOB, TO AHIMELEK THE PRIEST.

1 SAMUEL 21:1

SO THE PRIEST GAVE HIM THE CONSECRATED BREAD.

1 SAMUEL 21:6

"THE SWORD OF GOLIATH THE PHILISTINE, WHOM YOU KILLED IN THE VALLEY OF ELAH, IS HERE; IT IS WRAPPED IN A CLOTH BEHIND THE EPHOD. IF YOU WANT IT, TAKE IT; THERE IS NO SWORD HERE BUT THAT ONE."

1 SAMUEL 21:9



## ACTIVITIES

### 3. PRETENDING

**TALK:** Next, David went to the Philistine king, but since he had helped King Saul defeat the Philistines he was afraid! So he pretended he was crazy and left!

**ACTIVITY:** Explain to your Tiny Arrow how David acted like a madman in front of the Philistines, then let them act silly too!

### 4. THE CAVE

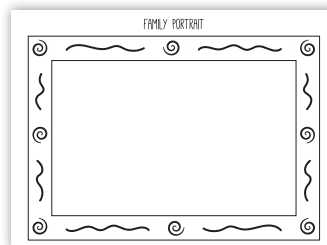
**TALK:** David had bread for his men and a sword from a giant. But, he was not safe with King Saul or the king of the Philistines. So he went to a cave in Adullam!

**ACTIVITY:** With the help of your Tiny Arrow set up the cave/fort.

### 5. DAVID'S FAMILY

**TALK:** David's family were the first ones to join him in the cave!

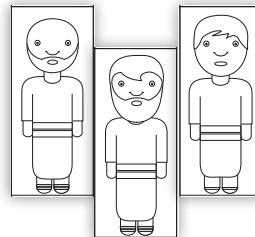
**ACTIVITY:** Have your Tiny Arrow draw a picture of their family and hang it on the cave/fort wall.



### 6. MORE MEN

**TALK:** David's family came to him, and then more people came to join him! Men who were in distress, in debt or discontented! They all joined David!

**ACTIVITY:** Help your Tiny Arrow color and assemble the puppets representing the men who joined David. Then have him give each of them a cracker.



## CORRESPONDING VERSE

DAVID TOOK THESE WORDS TO HEART AND WAS VERY MUCH AFRAID OF ACHISH KING OF GATH. SO HE PRETENDED TO BE INSANE IN THEIR PRESENCE; AND WHILE HE WAS IN THEIR HANDS HE ACTED LIKE A MADMAN, MAKING MARKS ON THE DOORS OF THE GATE AND LETTING SALIVA RUN DOWN HIS BEARD.

1 SAMUEL 21:12-13

DAVID LEFT GATH AND ESCAPED TO THE CAVE OF ADULLAM.

1 SAMUEL 22:1

WHEN HIS BROTHERS AND HIS FATHERS AND HIS FATHER'S HOUSEHOLD HEARD ABOUT IT, THEY WENT DOWN TO HIM THERE.

1 SAMUEL 22:1

THEN THOSE WHO WERE IN DISTRESS OR IN DEBT OR DISCONTENTED GATHERED AROUND HIM, AND HE BECAME THEIR COMMANDER. ABOUT FOUR HUNDRED MEN WERE WITH HIM.

1 SAMUEL 22:2

## ACTIVITIES

### 7. MIGHTY MEN

**TALK:** The men who joined David stayed with him! They became mighty men! There were even four of them that each killed a giant!

**ACTIVITY:** Have your Tiny Arrow choose 4 of the puppets and place the “Giant Killer” sticker on them.

**OPTIONAL:** Hand out each child a bible verse to take home.



## CORRESPONDING VERSE

THESE FOUR WERE  
DESCENDANTS OF RAPHA IN  
GATH, AND THEY FELL AT  
THE HANDS OF DAVID AND  
HIS MEN.

2 SAMUEL 21:22

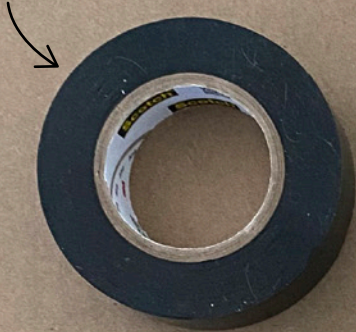
HE BECAME THEIR COMMANDER.  
ABOUT FOUR HUNDRED MEN  
WERE WITH HIM.

1 SAMUEL 23:2



# SWORD

BLACK ELECTRICAL TAPE



1 GALLON PAINT STICK



\*YOU WILL ALSO NEED  
WHITE & GRAY PAINT<sup>1</sup>  
& A GLUE GUN

<sup>1</sup>SPRAY PAINT OR CRAFT PAINT

2 JUMBO POPSICLE STICKS



## DIRECTIONS

1. LIGHTLY SAND PAINT STICK WITH  
120 SAND PAPER SO EDGES ARE  
SMOOTH AND ROUNDED



2. PRIME PAINT STICK WITH  
2 COATS OF WHITE PAINT

(SAND WITH 220 SAND PAPER BETWEEN COATS)



3. PAINT STICK WITH 2 COATS  
OF GRAY PAINT

(SAND WITH 220 SAND PAPER BETWEEN COATS  
& WHEN FINISHED USE 400 SAND PAPER TO SMOOTH)



\*OPTIONAL: ADD THIRD PAINT COAT  
WITH SILVER PAINT

4. GLUE POPSICLE STICKS 5" FROM  
THE EDGE OF THE SWORD  
THEN WRAP WITH TAPE

1 STICK ON BOTTOM

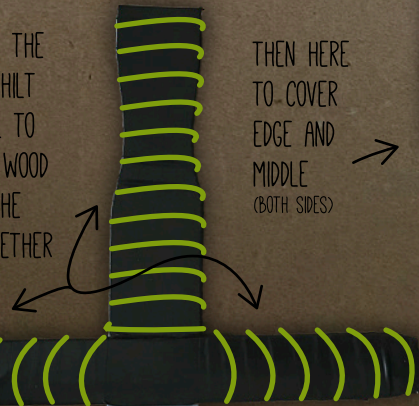


1 STICK ON TOP

WRAP HERE FIRST  
TO COVER EDGE  
(BOTH SIDES)



THEN WRAP THE  
SIDES AND HILT  
IN A SPIRAL TO  
COVER ALL WOOD  
AND BIND THE  
STICKS TOGETHER

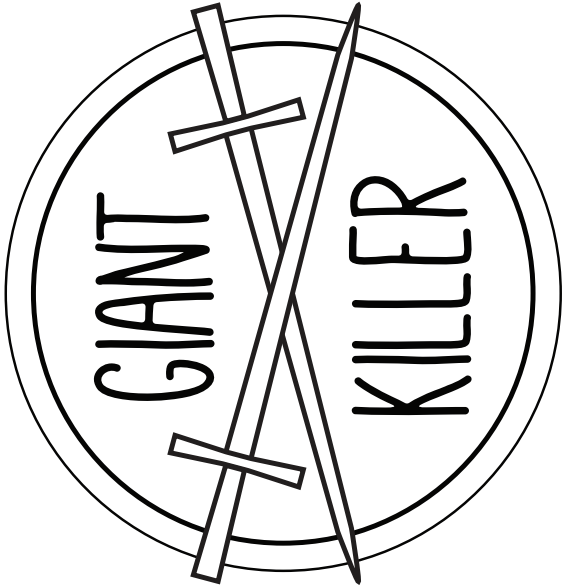


THEN HERE  
TO COVER  
EDGE AND  
MIDDLE  
(BOTH SIDES)

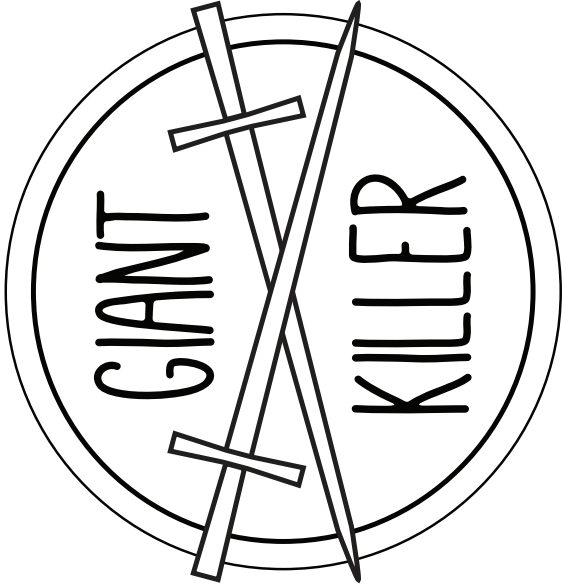




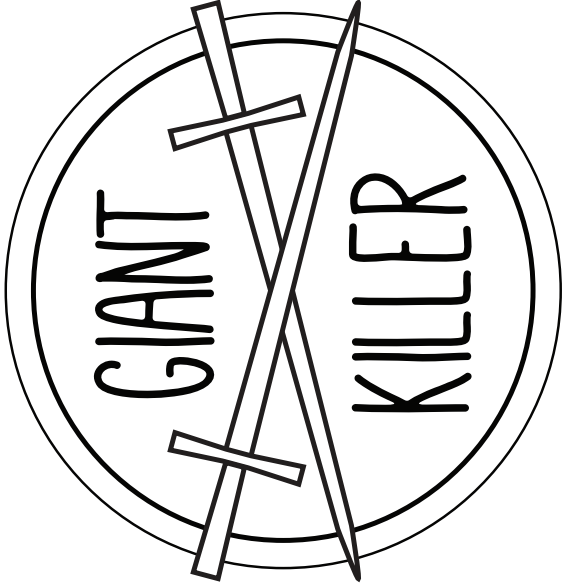
3" FOR CHILD



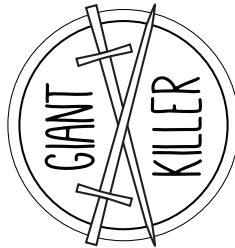
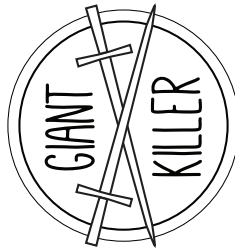
3" FOR CHILD



3" FOR CHILD



1.25" FOR PUPPET



1.25" FOR PUPPET



1.25" FOR PUPPET



1" FOR SWORD



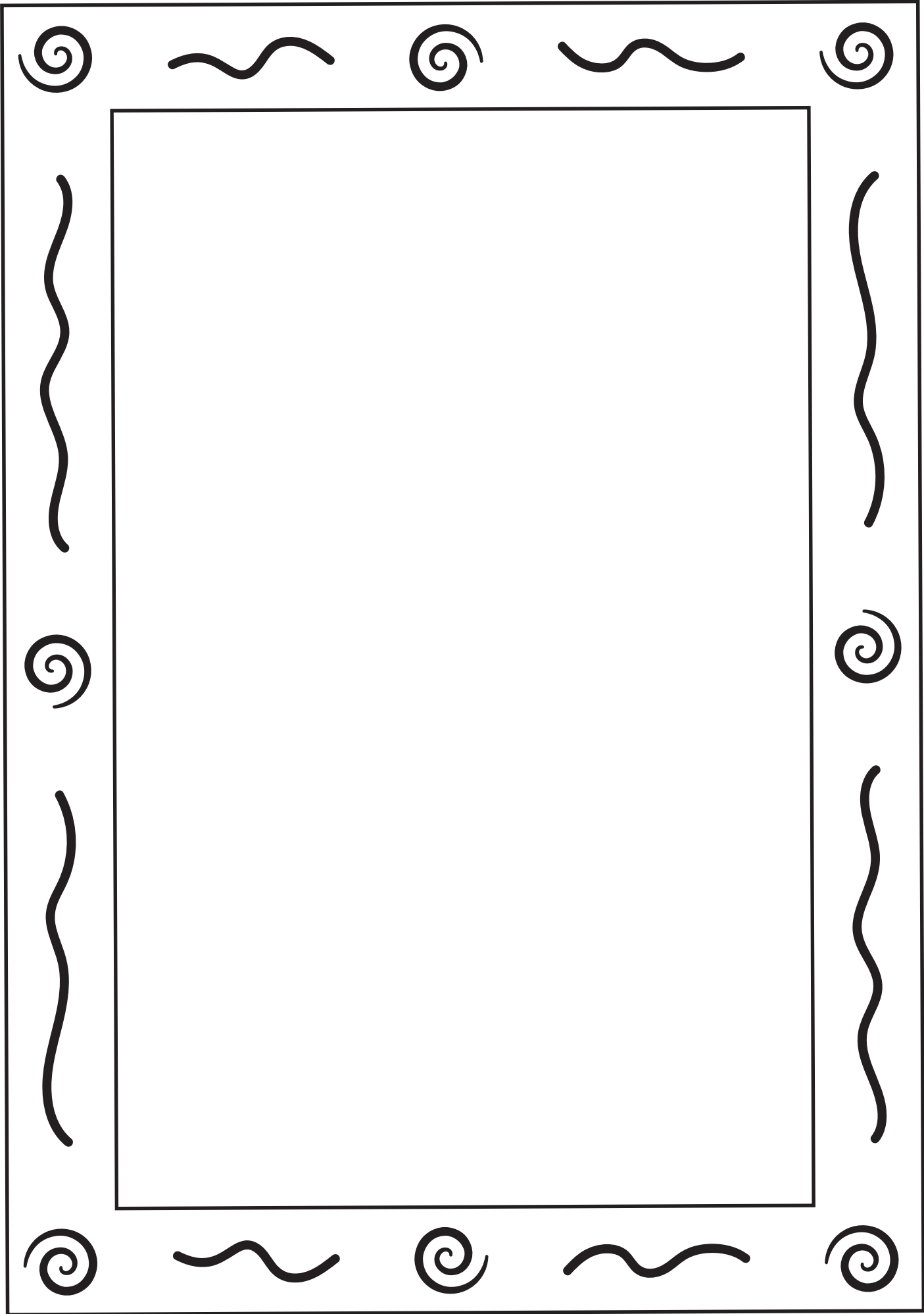
1" FOR SWORD



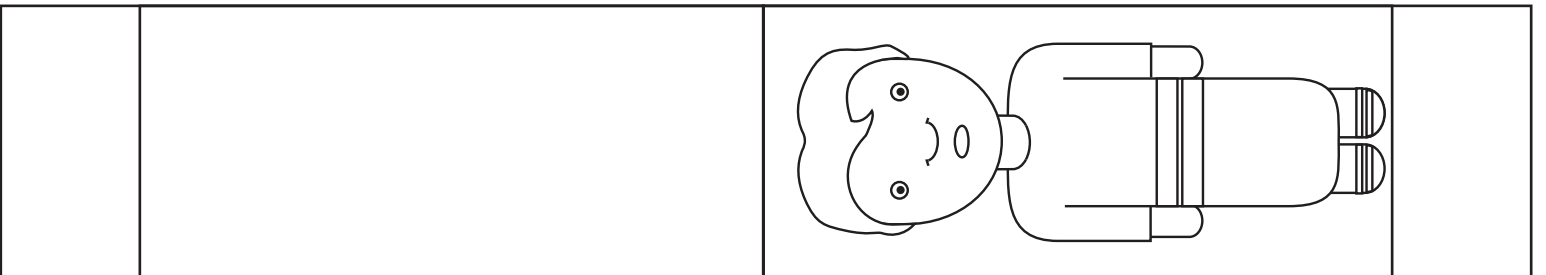
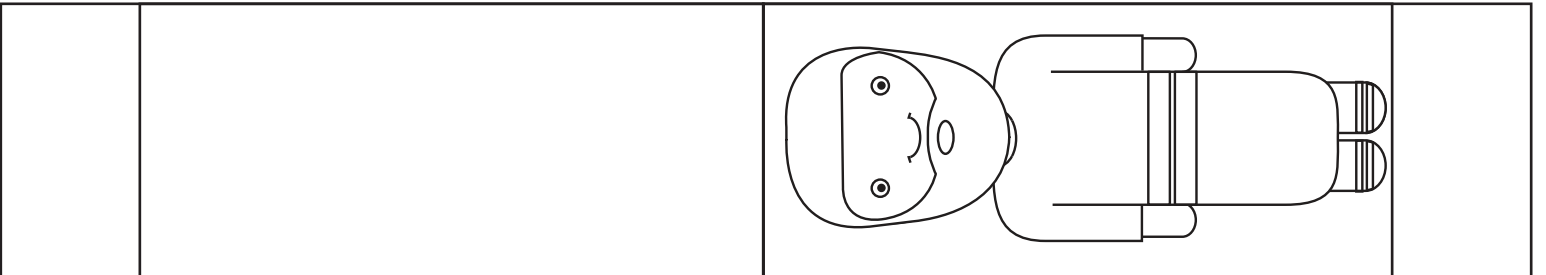
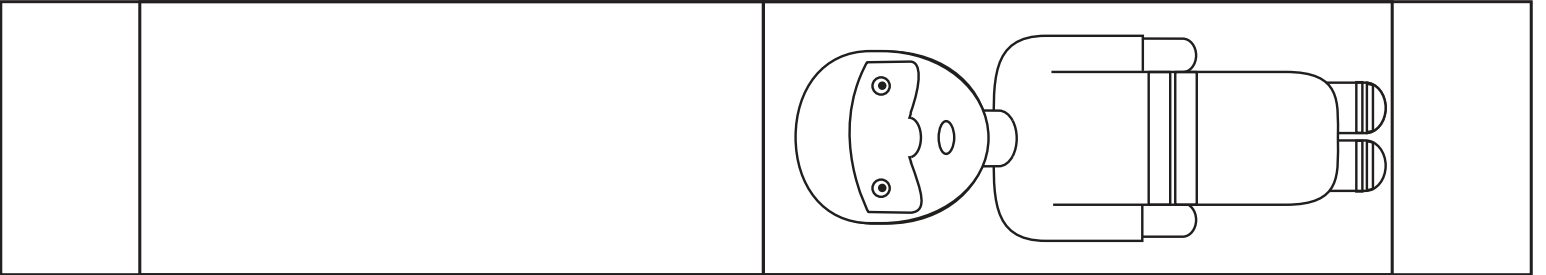
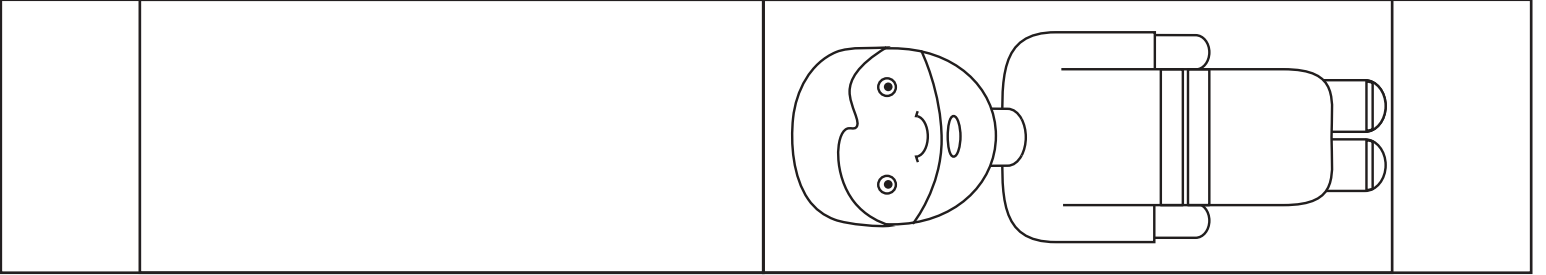
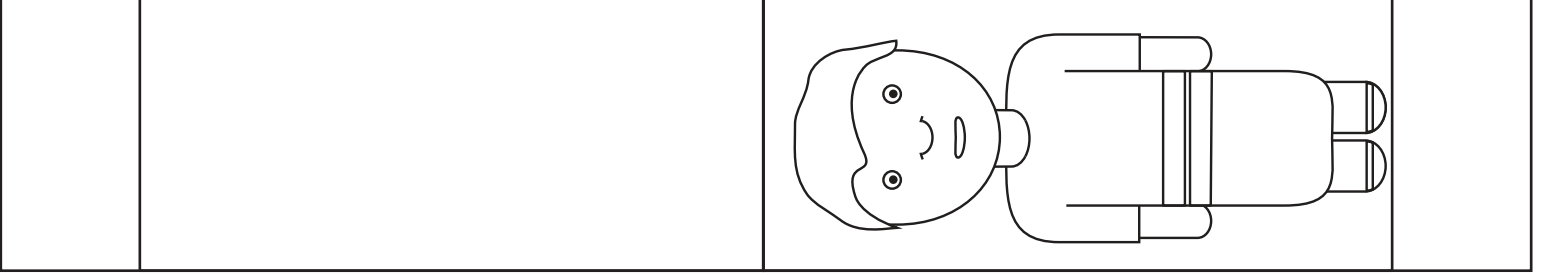
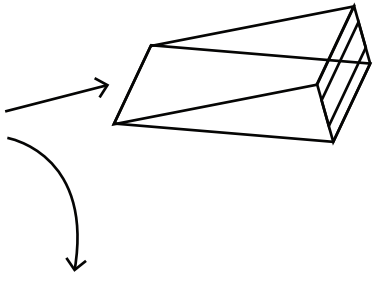
1" FOR SWORD

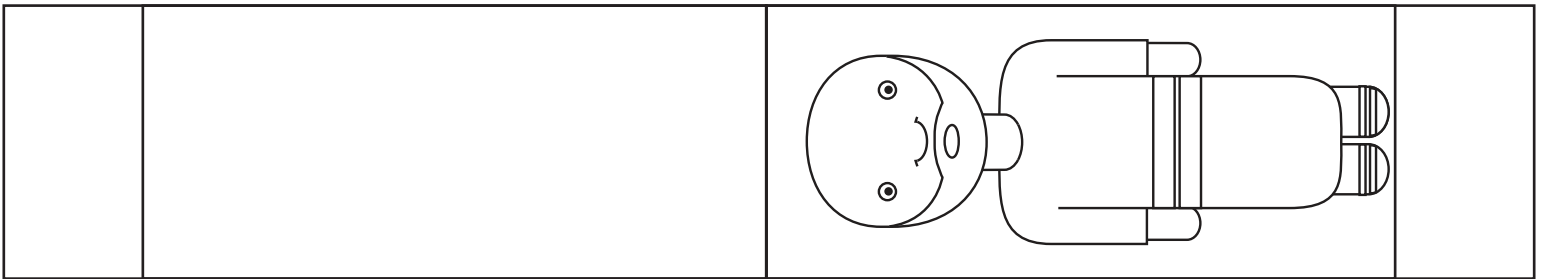
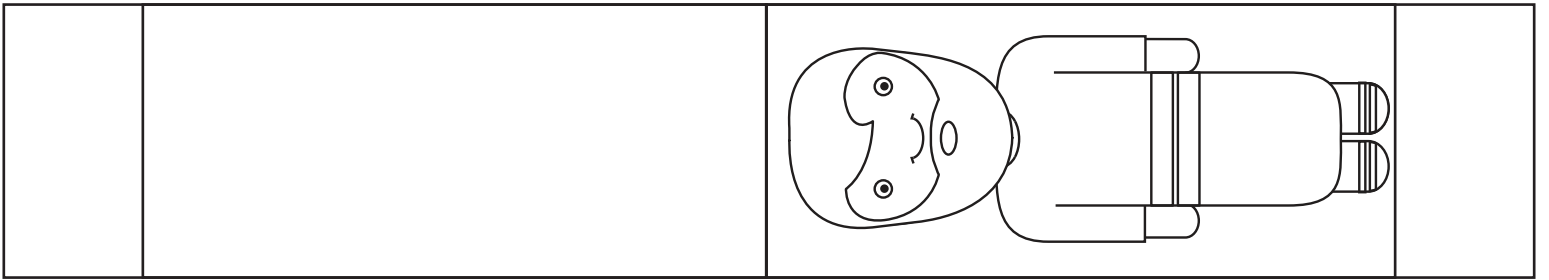
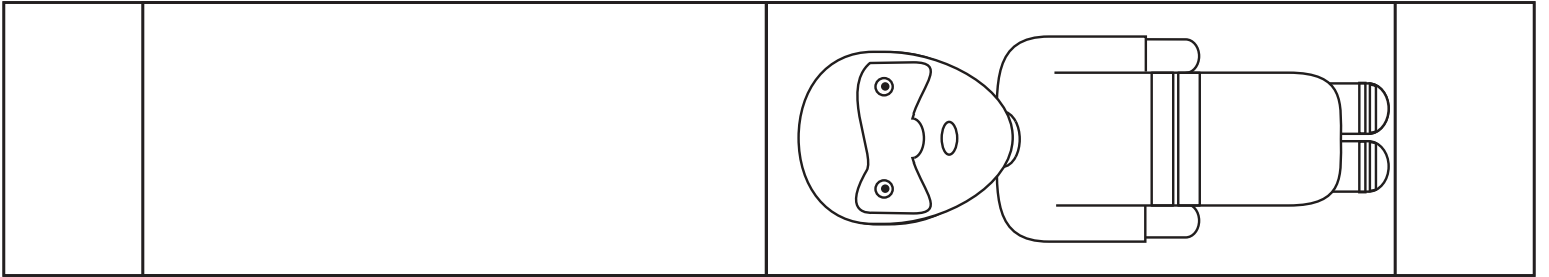
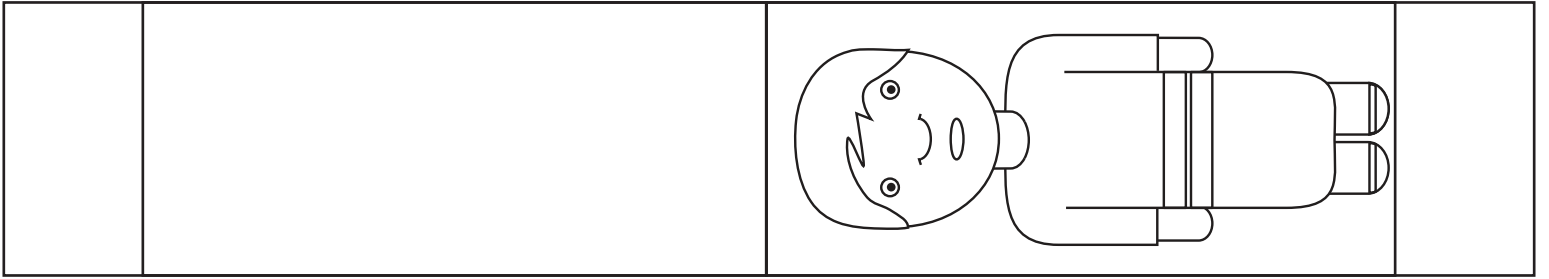
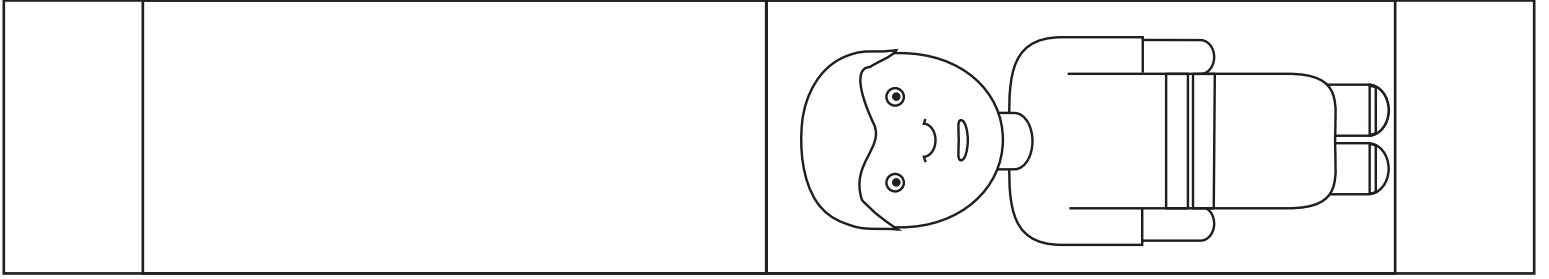
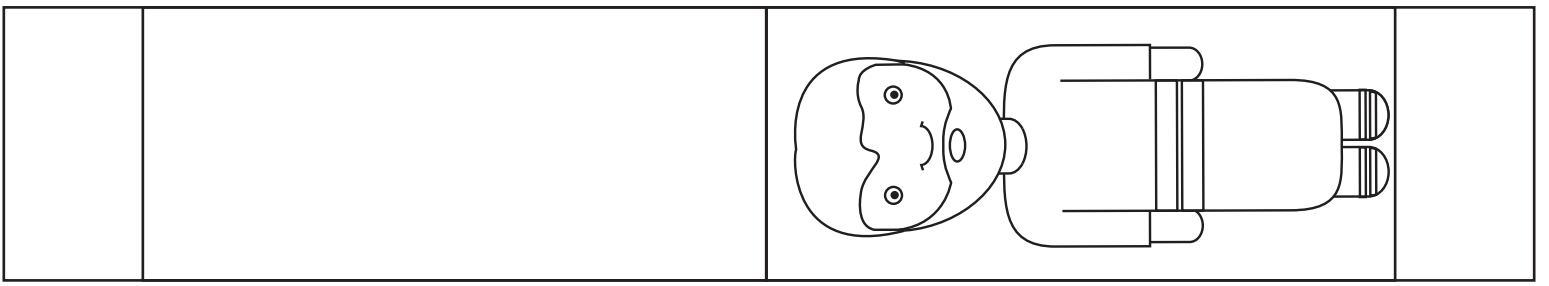


FAMILY PORTRAIT



CUT OUT, FOLD  
& GLUE ENDS  
TOGETHER







HE BECAME THEIR COMMANDER.  
ABOUT FOUR HUNDRED MEN  
WERE WITH HIM.

1 SAMUEL 23:2

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