

# DISCOVER WHO YOU REALLY ARE

## Week 2: Protect Your Identity

This includes:

1. Leader Preparation
2. Lesson Guide

### 1. LEADER PREPARATION

#### LESSON OVERVIEW

The tale of David and Goliath is one of the most well-known events in the Bible. Even people who've never read the Bible or attended church are familiar with at least the basics: David is the underdog, Goliath is the undefeatable giant, and David scores a victory against seemingly impossible odds. That is an important part of the story—but as Christ-followers, we can find even greater meaning and deeper application from David's triumph. David knew he was chosen to someday become King of Israel. He wasn't going to let anyone tell him otherwise. In our own lives, our identity is often under attack. We need to view ourselves the way God does—Christ in us!

#### LESSON OBJECTIVES

1. WHAT: David stood strong in his identity as the future King of Israel and as a child of God.
2. WHY: Christians will sometimes face challenges from people who want to steal or undermine our identities or discourage us from fully achieving our identity in God.
3. HOW: Challenge teenagers to protect their identity by affirming who they are in Christ and how much God values and loves them.

#### PRIMARY SCRIPTURE

1 Samuel 17:12-51

#### SECONDARY SCRIPTURE

1 Samuel 13:14



LEADER  
TIP

Because identity issues are different for guys and girls, we've provided a different mix of questions near the end to help you with your gender-specific group.







## TEACHING PREP

The short overview below is designed to help you prepare for your lesson. While you may not want to convey this information word-for-word with your teenagers, you'll definitely want to refer to it in your own preparation for the lesson.

It's not an exaggeration to say most everyone knows about David and Goliath. It's the classic underdog story. Small vs. Big. Young vs. Old. Good vs. Bad. But this event isn't just about a young guy killing a giant. It's also a tale of how we must protect our identities from people who would try to change how we see ourselves.

Read 1 Samuel 17:12-51.

We don't know exactly how much time passes between David's anointing as the next King of Israel and his battle with Goliath. We know David is still young; he divides his time between helping the king and caring for the family's sheep. His dad sends him to the battlefield with a food delivery for the three oldest sons. The text implies that the five youngest sons (and David is the youngest in the family) perhaps aren't old enough to join the army, or else they have other obligations that keep them from making that commitment.

David shows up with the food. He hears Goliath's taunts and wonders why none of Israel's soldiers are willing to battle this ungodly man. David manages to get an audience with King Saul, who laughs at the idea that this young man can defeat the experienced Philistine warrior. Remarkably, David convinces the king to let him face Goliath, and this young man chooses some stones and a slingshot over royal armor.

Goliath curses at David, mocks him, and promises to deliver his dead body to wild animals. (Lovely imagery, huh!) But with God's help, David grabs a stone, loads the slingshot, and delivers a fatal throw to the middle of the giant's forehead. Goliath falls to the ground, and David cuts off his head using the warrior's own sword. Israel is triumphant, and the Philistine army flees.

Incredible event. Exciting! Wonderful adventure. But let's back up for a moment. Last week, we talked about how David understood his identity—he knew who he was—because of his relationship with God. But as he enters this battlefield, David finds two of his "identities" under attack by people who are supposedly on his side. David knows he will someday become King of Israel, and he knows he's a child of God. But not everyone is convinced.





## THE BEFORE & AFTER [OPTIONAL]

### Text Message Questions

We've provided a couple of different text message questions to send out to your students prior to your meeting. Feel free to use one, some, or all of the questions below. As with the rest of the curriculum, edit these questions to fit the needs of your ministry.

- How's your inner strength this week? Still secure? Check in with the team at small group tonight.
- Can you think of anything worse than having your wallet (or purse) stolen? I can, and we'll talk about it at small group tonight.

### Parent Email

Dear parents,

One of the most well-known biblical stories is the account of David and Goliath. Even people who don't read the Bible and never attend church understand the basic event. In our small groups this week, we used this familiar story to help our students understand the importance of "protecting" our identities in God. David faced challenges from King Saul and Goliath. They questioned or attacked his identity as the future king or as a child of God. But David stood his ground because of his relationship with God.

This week, I'd encourage you to find some time to talk with your teenager about the idea of having our identities stolen, challenged, or undermined.

- Are your friends building you up or tearing you down?
- How is your relationship with God these days?
- If you could do something big for God right now, what would you do?

Remind your teenager that we can find our strength and beauty through a deeper, more intimate friendship with God—just like David had. Have a blessed week!



# DISCOVER WHO YOU REALLY ARE

Week 2:  
Protect Your Identity

## 2. LESSON GUIDE

### GETTING THINGS STARTED [OPTIONAL]

Welcome your students and invite them into your meeting area. Open in prayer, and jump right into the discussion below.

**SAY SOMETHING LIKE:** *I have a friend whose wallet was stolen during a trip to Europe a few years ago. The talented thieves created a distraction as my friend was getting onto a city tram. In the midst of the commotion, one thief managed to get close to my friend and slip his wallet out of the pocket. Once the wallet was lifted, the “commotion” suddenly disappeared.*

*Of course, it also didn't help that my friend was wearing shorts and kept his wallet in an easily accessible pocket. His choices actually made him vulnerable to being pickpocketed. Fortunately, his passport wasn't taken and he was able to cancel his credit cards, and so far he hasn't found himself the victim of identity theft—someone else using his private information to open a new bank account or get a loan or steal his money. But the experience reminds him that he needs to keep a closer eye on his wallet, or else someone may someday steal his identity!*

### ASK:

- *Think of a time when you had something stolen from you—what was that feeling like?*
- *What do you and your family do on an everyday basis, if anything, to protect your valuables from being stolen? Explain.*
- *How do others try to steal your identity—your God-given sense of self? How do you leave yourself vulnerable, or not, to this kind of stealing?*

*Once we discover our identity in God, we must protect it. Some people will try to take it from us or undermine us if we let them—just like we encounter people who would like to steal our wallet or purse on a crowded tram or busy mall.*

### Video Clip [optional]

**SAY SOMETHING LIKE:** *Imagine waking up one day and being unable to remember your name or your identity. That's what happens to Jason Bourne, the title character in “The Bourne Identity” (rated PG-13). In one scene from this action movie, Bourne accesses a safe deposit box and discovers more about his identity—multiple*



*passports, a stash of money, even a gun. He leaves the bank with more questions than answers.*

Begin the clip at 0:15:30, as the banker pulls back a curtain. End the clip at 0:18:00, as Bourne exits the bank.

**ASK:**

- *How would you search for your identity if you suddenly awoke one day and didn't know who you were?*
- *How do our lives resemble what Jason Bourne found in that box—a bunch of different identities that he could use, depending on the situation? Why do you think we do this?*

**Activity [optional]**

Find a copy of the board game “Balderdash.” This game takes legitimate but obscure words and challenges players to see who can come up with a fake definition that will fool other players into thinking theirs is the “right” answer.

If you don't have a copy of the game, you can simply use a dictionary to play (a large unabridged dictionary works best, but any dictionary will work). Get some pens or pencils and some small pieces of paper; you'll probably need 20-30 scraps of paper, depending on how many rounds you play. Distribute the paper and pens. Have one student pick an obscure word from the dictionary. This contestant tells the other students what the word is and spells it for them; encourage the contestants to choose words they're sure no one knows. If one of the students knows the chosen word, he or she should say, and the contestant can pick a different word.

Each student will then write a definition for the word that could sound legitimate. Then everyone passes the scraps of paper to the contestant. The contestant also will write down a definition—but it will be the correct definition. He or she mixes up the papers and then reads the various definitions. Go around the group and see which definition each student believes is correct. Award points to the students who write fake definitions that are chosen as being “correct” by other group members. You can play this for several rounds once everyone gets the idea of how to play.

**ASK:**

- *Were you surprised at how well (or poorly) the other people in the group made fake definitions?*





- Which fake definitions sounded most legitimate? Why did they sound correct?
- When have you heard something that sounded accurate but turned out to be false? Why is it usually pretty easy to fool most people?

**SAY SOMETHING LIKE:** *We can be fooled by fake definitions for big words. But are we being fooled by fake definitions of who we should be in life? David wasn't fooled—he knew who he was.*

**VARIATION:** If your time is limited, you as the group leader could do a shorter version of this game by choosing a few words in advance, and creating a list of fake definitions. See if your students can find the real definition hidden among the other legitimate-sounding ones. The spiritual application is still the same.



## TEACHING POINTS

The goal of the Teaching Points is to help students capture the essence of each lesson with more discussion and less lecture-style teaching. The main points we have chosen here are (1) David was a future king and (2) David was a child of God.



Remember: All throughout these lessons, it's up to you to choose (1) how many questions you use, and (2) the wording of the main points—keep ours, or change the wording to make it clearer for your audience.

Read 1 Samuel 17:12-51 together as a group. Consider allowing one or more of the teenagers to read the text.

**SAY SOMETHING LIKE:** *This week we're going to take a look at the life of David again.*

## 1. David was a future king

### ASK:

- David's older brothers had watched the prophet Samuel anoint David to become the next king. If we have younger siblings, we sometimes act like Eliab did in 1 Samuel 17:28—we discourage them from being who God has called them to be. Why do we do that?





- When you read this passage from 1 Samuel, why doesn't David tell Saul about the anointing he received from Samuel?
- Read 1 Samuel 13:14. Saul had already learned that God had chosen someone else to become king. How do you think that news made Saul feel? How do you think it might have affected his judgment and decisions as the king?
- How have people in your life attempted to "steal" your identity through their words or attitudes?

**SAY SOMETHING LIKE:** *David's brothers were quite likely jealous. Eliab, the oldest brother, called David proud and dishonest, and he was angry that David was hanging out and talking to the other soldiers. Eliab demeaned his brother, saying David was responsible for just a "few sheep." David didn't snap back, but he refused to let his older brother's words affect him. David knew his identity, and even harsh words from a family member didn't make him feel like he was "just" a shepherd.*

*David said nothing about his anointing, even when Saul said David was "only a boy." When he approached Saul with his offer to fight Goliath, he didn't use this "anointed status" as a reason to fight. He talked about his own experience defending sheep from lions and bears. He protected his identity as the future king by focusing on God's strength.*

*After David's triumph over Goliath, he went on to become a successful and popular military leader, and King Saul's jealousy grew. He attempted to kill David or have him killed, but David always escaped. And when David had opportunities to kill Saul, he passed. David knew that God would make him king at the right time and in the right way.*

## 2. David was a child of God

### ASK:

- When someone says, "Tell me about yourself," what are the first things you usually say to describe yourself? Why do you choose those traits or characteristics or attributes?
- Why was David so confident he could take on Goliath when all of Israel's soldiers were so afraid of the giant?





- *When have you felt like David, willing to step into battle or put your faith into action and get involved? When have you felt like the soldiers who were afraid to engage Goliath? What was different about you in both of these circumstances?*
- *When have you had someone discourage you or stop you from developing your godly identity by saying you were “only”...whatever? How did it make you feel? How did you respond?*

**SAY SOMETHING LIKE:** *As David steps onto the field to face Goliath, he’s met with blatant disrespect from the giant. The Philistine soldier has been mocking the Israelite army for 40 days, and now he turns his mockery toward David. But this young man doesn’t hide or cower in fear. He stands his ground and declares that God will deliver the victory. David knew who he was, but even more importantly he knew whose he was. Yes, that phrase could be considered a Christian cliché, but it’s an accurate description of David’s relationship with God. He knew he was created by God for a purpose, and that God loved him deeply.*

*We always find our identity through things outside ourselves—that’s why it’s so crucial to choose our “mirrors” in life. God is the only true mirror for who we really are. People’s words and life’s circumstances can affect us because we’re letting “faulty mirrors” define us. The most beautiful or handsome person eventually gets old and wrinkly. The wealthiest person will someday be separated from his/her fortune. Even the most athletic or musical or artistic will eventually be surpassed by the latest and greatest athlete, musician, or artist. But when we allow God to define us, and look into his “mirror” primarily, we can stand secure, even when everyone else is fearful, worried, unfocused, or misled.*

#### **ADDITIONAL DISCUSSION [OPTIONAL]**

##### **ASK:**

- *When David approached the battlefield, he seemed to have a different mindset from all the Israelite soldiers. What did David see that no one else saw? Why did he have such a different perspective on the situation?*
- *What role might the reward offered by the king (1 Samuel 17:25-27) have played in David’s desire to battle Goliath?*





## APPLICATION

### For Guys Only

#### ASK:

- *What limitations do some adults place on teenage guys who want to do big things for God? Why do you think this happens?*
- *Since last week's small group, do you have a clearer understanding of your identity in God? Talk about that clarity—or your confusion and questions.*
- *What situations cause you to doubt your identity as a child of God? Are there specific people or words or moments that make it worse? Explain.*
- *What people in your life are helping to strengthen your identity right now?*
- *Are you surrounded by people who are making you weak? How can you improve your situation?*
- *If you could do something big for God right now, what would you do? Why? What is holding you back from doing it?*



- *Pair up with another guy in the group. Talk about a time when you felt "most yourself," and why. Then take a couple minutes to pray for each other—that your strength would increase, giving glory to God.*

### For Girls Only

#### ASK:

- *What limitations do some adults place on teenage girls who want to do big things for God? Do you think those limitations are rooted more in your age or your gender? Explain.*
- *Since last week's small group, do you have a clearer understanding of your identity in God? Talk about that clarity—or your confusion and questions.*
- *What situations cause you to doubt your identity as a child of God? Are there specific people or words or moments that make it worse? Explain.*





- *What people in your life are helping to nurture your identity right now? Are you surrounded by people who are undermining your inner beauty? How can you improve your situation?*
- *If you could do something big for God right now, what would you do? Why? What is holding you back from doing it?*



**PAIR SHARE**

- *Pair up with another girl in the group. Talk about a time you felt “most yourself,” and why. Then take a couple minutes to pray for each other, that God would reveal your inner beauty.*

### **SUMMARY**



**LEADER  
TIP**

End your small group lesson here. Provide your teenagers with a quick summary or take-home challenge based on (1) the content of this lesson, (2) the dialogue that took place during the lesson, (3) your understanding of the issues and struggles your teenagers are facing, and (4) the big picture of your youth ministry and what your leadership team wants accomplished with the teaching and discussion time.



**LEADER  
TIP**

### **FOR KEEPS [MEMORY VERSE]**

Encourage and/or challenge your teenagers to memorize the verse below.

*“And everyone assembled here will know that the Lord rescues his people, but not with sword and spear. This is the Lord’s battle, and he will give you to us!”  
(1 Samuel 17:47).*

