

Don't Stop Believing

When we do something for the very first time it can be a little bit scary. Do you remember your very first day at school? Your mother probably went in with you to help you find your room and meet your teacher. When you got on a bicycle for the first time, someone probably walked along beside you and helped hold you up at the very beginning. That gave you confidence and soon you were riding on your own. When you went swimming for the first time, you didn't just go out and jump in the pool, did you? No, there was someone with you to hold you up until you could swim on your own. It really helps if we have someone we trust to be with us when we are about to do something we have never done before.

Yet, Nothing can be done without believing in yourself first.

True, there are a lot of factors that will contribute to your success but the biggest factor that will determine whether you achieve something or not is self-belief.

How much of what you will achieve will mostly depend on how much you believe in yourself. And yet most of us, me included, often lack self-belief during the times when we need it the most. Rather than having unshakable confidence, we often allow doubt and insecurities to make us believe that we are not capable of achieving whatever it is we have set out to do.

I can clearly understand why that is the case, we all do something wrong quite a number of times in our life and this will make us question our abilities. We know it and we have been told so on numerous occasions. But then again, we also do a lot of things right too. And this is a fact that we often forget.

We all have shortcomings and strengths but most times on our journey in life, our brain will choose to believe the negative, the shortcomings, and the anxiety and so on instead of choosing to believe in our natural ability to overcome all our obstacles.

And because they may have failed or are currently struggling to succeed, people will often point out your faults and constantly remind you of your failures. Combine all that with jealousy, it will be very hard for you to find someone who genuinely believes in you.

It is no wonder why most of us are lacking in self-belief.

But, like I said, if you want to achieve anything worthwhile: You have to believe in yourself first before anyone else ever does. And you have to do it more than anyone else ever will.

A lack of belief in yourself will limit you no matter how great the opportunities are that you have. Fortunately for us, believing in yourself is a skill that can be learned. The only catch is that 'it takes time'.

Here are a few ways that you can build your self-esteem so that you can believe in yourself.

- **Make a list of the stuff you're good at.** Can you draw or sing? Are you a good reader? Are you good at a sport? Do you tell a good joke? If you're having trouble with your list, ask a parent or friend to help you with it.
- **Practice the things you do well.** Think of ways you can do some of the things you're good at every day.
- **Turn "I can't" into "I can!"** Does the little voice in your head tell you "I'm no good at this" or "I can't do it"? Or "It's too hard for me"? That's you thinking badly about yourself. Decide to change your mind. Think, "I can give it a try," "I can handle this." Think, "I'll give it my best." Think, "I'll ask someone to help me do this."
- **Try your best.** You can feel good about yourself when you give something a good try. When you try hard, your self-esteem will grow.
- **Spend time with people who love you.** Do things you enjoy with your parents or family. It helps you know you belong. And that builds self-esteem.
- **Pitch in.** Do nice things for parents. Help with meals, clean up, or feed the pet. When you do kind things, you feel good about yourself. You get to see that what you do means a lot.

Your self-esteem is so important. It helps you. It gives you the courage to try new things. Or make new friends. With self-esteem, you believe in yourself. You know that good things can happen when you try. Self-esteem helps you when things don't go your way. It helps you accept mistakes. If you miss the soccer goal or lose a library book, you don't get too mad at yourself. You just try again. You find a way to do better.

Don't let anyone tell you you can't do something just because you're too little. You may hear a lot about all of the things you can't do. "You're too young to go there." "You can't stay up that late." "I know you want to try that, but you're just a kid."

"You're just a kid." That's what adults say. It's true that there are some things you can't do just yet – drive a car, get a job, get married. But it's also true that there are a great many amazing things that you can do. That's what God says.

Remember, God is always there for you. Think of Him as your biggest fan. He is always cheering you on and helping you accomplish those big, impossible tasks. Always believe in yourself, because God always believes in you.

In fact, the Bible tells us about some great kids who did some amazing things for God and with God's help.

Today's story is about David and Goliath - David was a small boy that overcame a HUGE obstacle because God helped him believe in himself. Let's hear about his amazing story...

David took care of his father's sheep in the fields. When he didn't have much to do in the field he played instruments, and wrote songs and poems that you can find in the book of Psalms in your Bible.

Meanwhile Saul was king and he ruled people called Israelites. David and his family were Israelites too. The Israelites weren't getting along with people named the Philistines.

The problem with the Philistines was that they had many giants living in their land. One of the strongest and biggest giants was named Goliath. He was over nine feet tall. Goliath was covered with armor to protect him and carried a big spear. Every morning and every evening for forty days he shouted to the Israelites in his big deep voice, "Hey, you guys! I dare you to find one man to fight me. If he can beat me we will become your servants, but if I win you will all become our servants."

When Saul and all his men heard this they were very afraid. Three of these men were David's three oldest brothers. They were the only ones in David's family that could go fight because they were old enough.

Now David's father Jesse heard about the giant and was worried for his sons. He called David out of the fields and asked him to take some food to his brothers and report back how they are doing.

So David set off to visit his brothers. As he approached them he heard Goliath shouting his challenge like he did every morning. "Isn't someone going to stand up to this man?" David asked the men in the army. "Then I will fight this giant Philistine." One of the men overheard this and ran to Saul and told him what David said. Saul approached David and said, "You can't fight Goliath, you're only a boy and he has been fighting for many years." But David said to Saul, "I have had to fight lions and bears to protect my father's sheep. God helped keep me safe then and he will help keep me safe now."

So Saul dressed David in heavy armor to protect him from Goliath but David took it off. It was so heavy he could hardly walk and he knew that God would keep him from harm. Instead David went to a stream nearby and found five smooth stones, put them in a pouch around his waist, and with his sling he went to Goliath.

As David approached Goliath, Goliath looked at David and thought it was a joke. Goliath thought that he could easily beat David and it was funny that Saul would send a small boy to fight him. But David said to him without fear, "You fight with a sword and

I come with God on my side and today everyone will know that there is one true God in this land.”

Goliath didn't care what David said and he moved closer to attack him, David ran quickly to meet him. Reaching into his pouch he pulled out a stone, put it into his slingshot and shot it at Goliath. The stone had hit him right between his eyes and suddenly Goliath started to lose his balance.

He fell with a loud thud right on his face. David had done it, he beat the giant Philistine! When the rest of the Philistines saw this they ran away and David became a hero to all the people in Israel.

So remember, God is with you, supporting you and cheering for you. God will always help you overcome the HUGE obstacles you face as long as you never stop believing in yourself.





DAVID & GOLIATH WORD SEARCH



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ARMIES
BATTLE
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DAVID
FIGHT
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FORTY DAYS
GATH
GIANT
GOLIATH

HELMET
ISRAEL
JESSE
KILLED
PHILISTINES
SAUL
SLING
SPEAR
STAFF
STONES
SWORD





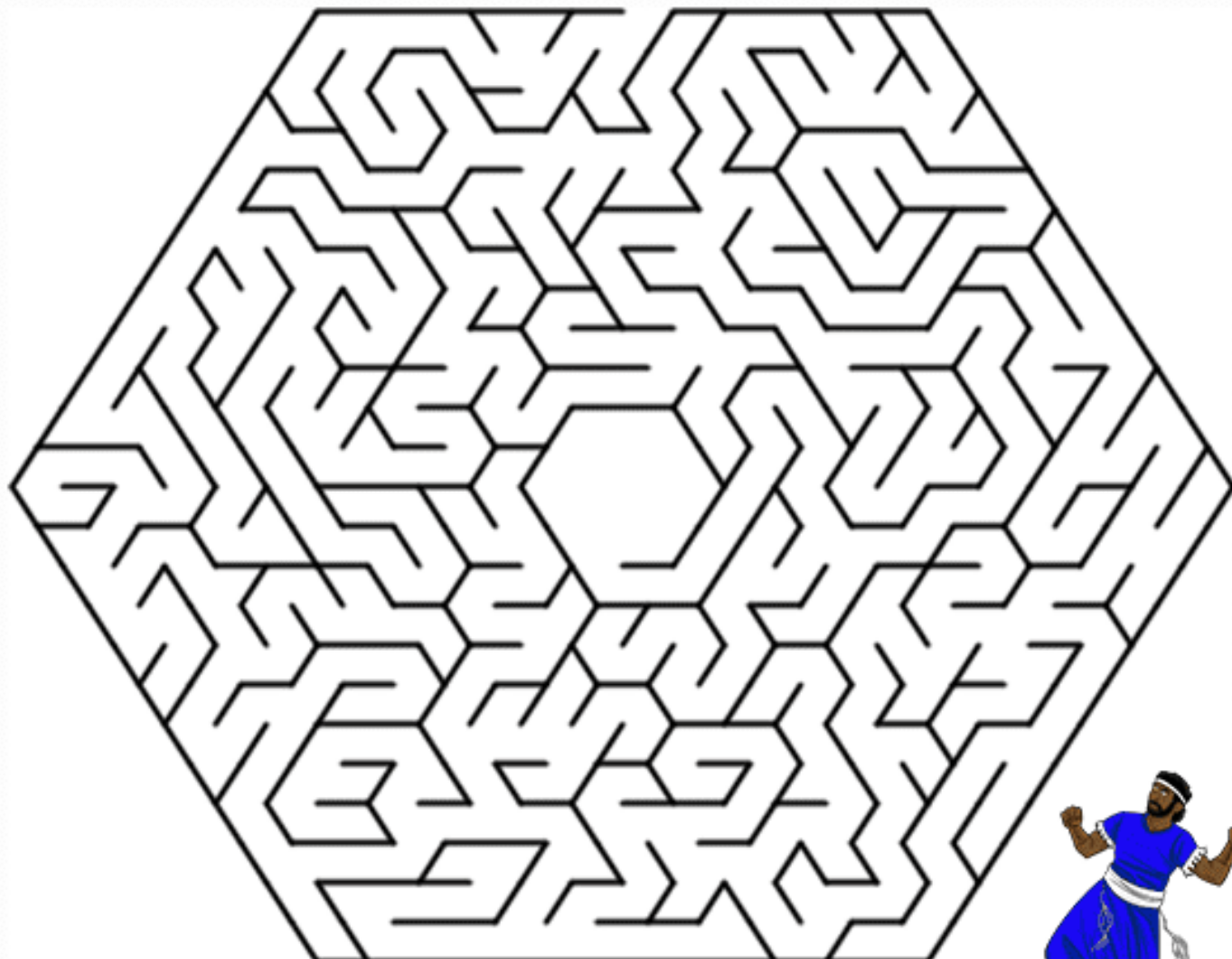
Bible Pathway Adventures

MAZE

DAVID & GOLIATH

"He took his staff in his hand and chose five smooth stones from the brook and put them in his shepherd's pouch.."

(1 Sam 17:40)



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David and Goliath Word Line Up



Unscramble each of the clue words. Take the letters that appear in the circled spaces and unscramble them for the final question.

GLINS

NOTES

ERBA

NOBRESZ

ONIL

TAING

TABLET

AJDUH

The Lord is my _____ and my shield.