



Week of Sunday,
August 16, 2026

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Living out our God-given calling as we follow Jesus and make disciples every day.

Growing in the MARCS of a disciple every day!

AUGUST FOCUS - MISSIONAL

Select a question below to ask the group to gauge how you are growing in the MARCS of a disciple.

1. Who did you intentionally engage this week who does not follow Jesus? What was the context?
2. Where did you sense God prompting you to speak or act— and how did you respond?
3. How are your current rhythms (schedule, hobbies, work) helping or hindering your missional focus?

INTRODUCTION

David's battle with Goliath in 1 Samuel 17 reminds us that the story is not ultimately about finding our inner hero, but about trusting the champion God provides. Like Israel, we often stand frozen before enemies too big for us, sin, fear, shame, addiction, or discouragement.

David points us to Jesus, the greater King who has already won the victory we could never win. Consider where you need to stop striving in your own strength and start living from Christ's finished victory.

1 Samuel

READ ALOUD

1 Samuel 17:31-37

DISCUSS

Opening Question

Have you ever tried to "name your giant and slay it" in your own strength? What happened?

- How does David explain his confidence to Saul, and what does this reveal about the source of David's courage?
- How does David help us understand the connection between faithfulness in private and readiness for public obedience?

Have someone read aloud 1 Samuel 17:4 and 49-51.

- What symbolism about David and Goliath stood out to you the most, and why?
- How does David's battle with Goliath point forward to Jesus' victory over Satan, especially when compared with Jesus' temptation in the wilderness? (Matthew 4:1-11)

DISCUSS & APPLY

- Where are you most tempted right now to see yourself as the hero who must slay the giant, rather than trusting Christ?
- When faced with opposition or temptation, where do you tend to rely more than on God's Word? (Your own strength, personality, discipline, strategies, etc.)
- How can you help those around you stop viewing the Christian life as "just try harder"?

RESPOND

How can the Word of God help you defeat sin in your life or address injustice in the world around you?

Praying as a Church - Week 29 Prayer Prompts

(Share and pick some to pray through as a group.)

Praise

- As you read the Psalms this week, notice God's steadfast love and constant presence.
- Psalm 136:1; 138:7-8
- Praise Him for being faithful even during seasons of uncertainty. Psalm 138:8
- Let your worship be rooted in God's unchanging character rather than changing circumstances. Psalm 135:13

Silence & Solitude

- Spend time quietly reflecting on David and Abigail's interaction in 1 Samuel 25.
- Ask God to help you recognize His wisdom before reacting emotionally.
- Rest in His presence and allow Him to bring peace to your heart. Psalm 131:2

Ask — Allow the Word to Guide Your Prayer Requests

- Let David's dependence on God shape your prayers. 1 Samuel 23:2, 4
- Ask for wisdom when facing difficult decisions or relationships.
- Invite God to develop patience, humility, and discernment within you.
- Pray for grace to trust Him when the path ahead is unclear.

Lament — What Has Grieved You as You Have Read the Word?

- Reflect on moments when fear, anger, or impatience have shaped your responses. 1 Samuel 21:10-15; 25:21-22
- Bring those moments honestly before the Lord. Psalm 142:1-2
- Thank Him that He welcomes repentance and delights in restoring His children. Psalm 138:6-8

Mission

- Use Psalm 138 to pray that people from every nation would hear the Word of the Lord and worship Him. Psalm 138:4-5
- Pray for missionaries serving in difficult places.
- Ask God to soften hearts and establish thriving churches among unreached peoples.

Here are some questions you can discuss with the whole family.

1 Samuel 17:31-37

Why do you think everyone was afraid of Goliath, and why was David not afraid?

For younger kids, help them name simple feelings like “scared” or “brave,” and remind them David trusted God. For older kids, talk about how David saw the battle differently because he believed God was bigger than Goliath.

What does this story teach us about God when we face something hard or scary?

For younger kids, connect this to fears they understand, like the dark, a new class, or being alone. For older kids, invite them to share real struggles like pressure, temptation, anxiety, or conflict, and guide them to see that God is with them and stronger than what they face.

How does David help us understand what Jesus has done for us?

For younger kids, explain that David won a battle for God’s people, and Jesus wins the biggest battle for us. For older kids, discuss how we are more like the scared army than David, and how Jesus is the true Champion who defeats sin and the enemy for us.

GET INTO THE WORD

A YEAR-LONG JOURNEY THROUGH THE OLD TESTAMENT

Week 29

- 1 Samuel 21 / Psalm 134
 - 1 Samuel 22 / Psalm 135
 - 1 Samuel 23 / Psalm 136
 - 1 Samuel 24 / Psalm 137
 - 1 Samuel 25 / Psalm 138
- MEMORIZE: Nehemiah 6:9
Nehemiah 9:6

Other Resources

BEMA Podcast - A King After God's Own Heart

Marty Solomon and Brent Billings examine the life of **David**, looking at the defeat of Goliath and making some general observations about the character of David.

The Bible Project Podcast - David and Goliath the Dragon

Tim Mackie and Jon Collins discuss the theme of the dragon in the story of **David and Goliath**.

WATCH

The Bible Project's Guide - Samuel

See a collection of videos, classes, and articles that dives into **1 and 2 Samuel** and its themes.

The Bible Project's Guide - Psalms

See a collection of videos, classes, and articles that dives into **Psalms** and its themes.

What's Going On at Long Hollow

- **55+ Dinner** - Thursday, August 20, 6PM, Hendersonville Student Building
- **Hope For The Journey Simulcast** - Saturday, August 22, 8AM, Hendersonville Chapel
- **Intentional Mom** - Wednesday, September 2, 9:30AM, Hendersonville
- **55+ Lunch** - Thursday, September 3, 10AM, Hendersonville Student Building
- **Child Dedication Gallatin** - Sunday, September 6, 9AM for the 10:30AM service

Starting a D-Group

If you or someone you know would like to start a D-group, we have everything you need, including reading plans, journals, and a launch guide to walk you through the first four meetings.

longhollow.com/dgroups

What's Going On?

1 Samuel 17 tells the famous story of David and Goliath, but the sermon reminds us to read it carefully. Israel is not full of brave soldiers ready to fight. They are afraid and stuck on the hillside. Goliath is not just a personal problem for David to overcome; he is mocking the armies of the living God. David steps forward, not because he wants fame, but because he trusts the Lord. The story shows that God provides a champion when His people cannot save themselves. David's victory points beyond David to Jesus, the greater King, who defeats the enemy we could never defeat on our own.

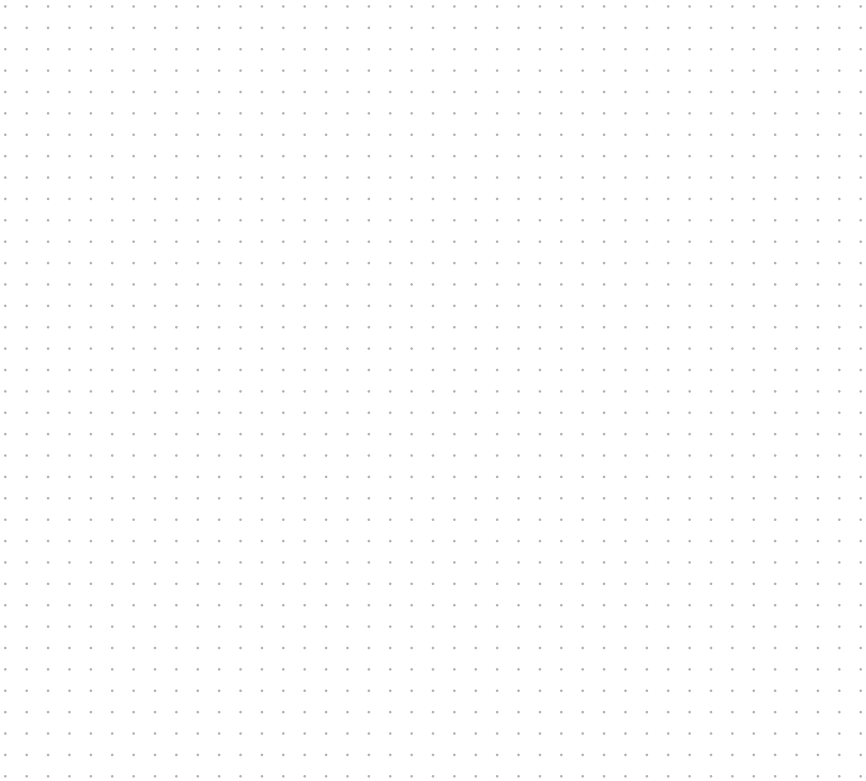
BIBLICAL TIMELINE

CREATION

THE EXODUS FROM EGYPT

A Bit of Background

Israel and the Philistines were long-time enemies. In this scene, their armies face each other across a valley. Instead of sending both armies into battle, the Philistines send Goliath as their champion. This kind of representative battle meant one warrior could stand in for the whole nation. Goliath looks unbeatable: huge, armored, experienced, and terrifying. Saul, Israel’s tall and powerful king, should be the obvious fighter, but he is afraid. David, a shepherd, seems unlikely, but he has already learned to trust God while protecting sheep from lions and bears. His private faith prepares him for public obedience.



BIRTH OF
CHRIST



CRUCIFICATION
& RESURRECTION



BOOK OF
REVELATION

What David said was overheard and reported to Saul, so he had David brought to him. David said to Saul, “Don’t let anyone be discouraged by him; your servant will go and fight this Philistine! ” But Saul replied, “You can’t go fight this Philistine. You’re just a youth, and he’s been a warrior since he was young.” David answered Saul, “Your servant has been tending his father’s sheep. Whenever a lion or a bear came and carried off a lamb from the flock, I went after it, struck it down, and rescued the lamb from its mouth. If it reared up against me, I would grab it by its fur, strike it down, and kill it. Your servant has killed lions and bears; this uncircumcised Philistine will be like one of them, for he has defied the armies of the living God.” Then David said, “The LORD who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine.” Saul said to David, “Go, and may the LORD be with you.”

A large rectangular area with a light green border, containing a grid of small dots for taking notes.

Living out our God-given calling as we follow Jesus and make disciples every day.

MISSIONAL

Engaging with the world to share the Gospel intentionally.

ACCOUNTABLE

Being transparent with Christ and other believers about your walk.

REPRODUCIBLE

Disciples who make disciples; the mentee becomes the mentor.

COMMUNAL

Living in deep community with other believers; never alone.

SCRIPTURAL

Grounded in the Word of God as the ultimate authority.



LONG HOLLOW
CHURCH