

FAMILY DEVOTIONAL GUIDE

GOD HAS MADE A GREAT MANY PROMISES. THEY ARE ALL "YES" BECAUSE OF WHAT CHRIST HAS DONE. SO THROUGH CHRIST WE SAY "AMEN." WE WANT GOD TO RECEIVE GLORY. – 2 CORINTHIANS 1:20

PROMISE OF STRENGTH

GOD IS OUR REFUGE

(make a house over your head with your hands)

AND STRENGTH.

(show strong muscles)

A VERY PRESENT HELP

(bring both hands to your heart)

IN TROUBLE.

(make a worried face and place hands on cheeks)

STORY: DAVID'S MIGHTY MEN – 2 SAMUEL 23

DISCUSS:

READ THE BIBLE STORY FROM 2 SAMUEL 23 OR FROM YOUR FAVORITE STORY BIBLE. HAVE YOUR KIDS RETELL THE STORY IN THEIR OWN WORDS & ANSWER THE FOLLOWING QUESTIONS TOGETHER.

David had a group of brave warriors called his "mighty men." These men did some amazing things, but their strength didn't just come from muscles or courage—it came from God. They faced danger, stayed loyal, and kept going even when things were hard. Their story reminds us that God can help ordinary people do hard things when they trust Him. Sometimes we face hard things too—like telling the truth, being kind when it's difficult, trying again when we want to quit, or trusting God when we feel afraid. The good news is that we do not have to do those things alone. God gives strength to do hard things.

1. Who were David's mighty men, and what made them special?
2. What are some hard things the mighty men had to do?
3. What is something hard that you have had to do lately?
4. How can God help us when we feel weak, scared, or tired?
5. What is one hard thing our family can trust God to help us with this week?

BIG IDEA: GOD GIVES STRENGTH TO DO HARD THINGS.

DID YOU KNOW...?

David's mighty men were real warriors, but one of the most famous parts of their story is that they were incredibly loyal to David. At one point, David mentioned that he was thirsty and missed water from Bethlehem. Three of his mighty men fought their way through enemy territory just to bring him water from that special well! That shows how much they loved and honored their king. Here's something fun to imagine: Bethlehem was not just any town—it was David's hometown! So when David talked about that water, he was probably remembering home, like when you miss your favorite place or your favorite meal. It wasn't just about water—it was about longing for something familiar and special.

SOMETHING TO NOTE!

This story helps kids see that God's strength often works through ordinary people who choose faithfulness. The mighty men were brave, but the main point is not just to be strong like them. It is that God gives His people the strength, courage, and endurance they need to do hard things.

Help your child understand that biblical strength is not only about big, heroic moments. Often, God-given strength looks like obedience, perseverance, kindness, patience, and doing what is right. True strength comes from depending on God.

PROMISES

PRAYER PROMPT:

Before you pray, talk about this together:

What is one hard thing each person in your family needs God's help with right now?