
Activity Time

Modern-Day Goliaths

Description: This fun activity will arm your family with a shepherd's sling, five (paper) stones and faith to practice winning the fight against their modern-day Goliaths.

What you need: A copy of the "Modern-day, Goliaths" activity (artwork included with this lesson), scissors, tape, 3" x 3" piece of pliable material (leather, felt, denim, etc. We used a piece of plastic from the cover of an old binder) and yarn or string.

Preparation:

1. Cut out Goliath target. Overlap sections to match up. Tape together.
2. Roll each stone piece into a circle and tape to hold.
3. Make shepherd's sling. See instructions.



Activity:

1. Explain: The oldest written reference to a sling is in the Bible, "Among all this people there were seven hundred chosen men lefthanded; every one could sling stones at an hair breadth, and not miss." (Judges 20:16) The most famous slingshot story is the battle between David and Goliath from The First Book of Samuel. The sling was the weapon of choice for shepherds in the field due to its usefulness for fending off other animals. The sling was a low-status weapon among the Philistines but it was a perfect weapon for the Israelites because it required little resources and was easily produced.
2. Ask: Did David have to practice using his sling in order to become skilled enough with it to slay Goliath? (Discuss ideas.)
3. Ask: What else did David need to slay Goliath? (Discuss ideas. Emphasize: faith, truth, prayer, scriptures and listening to the Holy Ghost.)
4. Ask: What are some of the modern-day Goliaths that we need to fight against? (Discuss ideas.)
5. Explain: There will be battles against these modern-day Goliaths throughout our entire lives. Some times we will lose a fight, but through the atonement of Jesus Christ and our constant practice using the weapons Heavenly Father has given us we will win the battle and return to live with Him.
6. Ask: What are some "stones" that Heavenly Father has given us to fight against modern-day Goliaths? (Faith, truth, prayer, scriptures, the Holy Ghost, etc.)
7. Ask: Do we need to practice using these weapons, like David did, to become better skilled in fighting against modern-day Goliaths? (Discuss ideas. Emphasize that the more we practice the better we will get.)
8. Tape the Goliath target on a wall. Take turns practicing slinging the paper stones at the target.

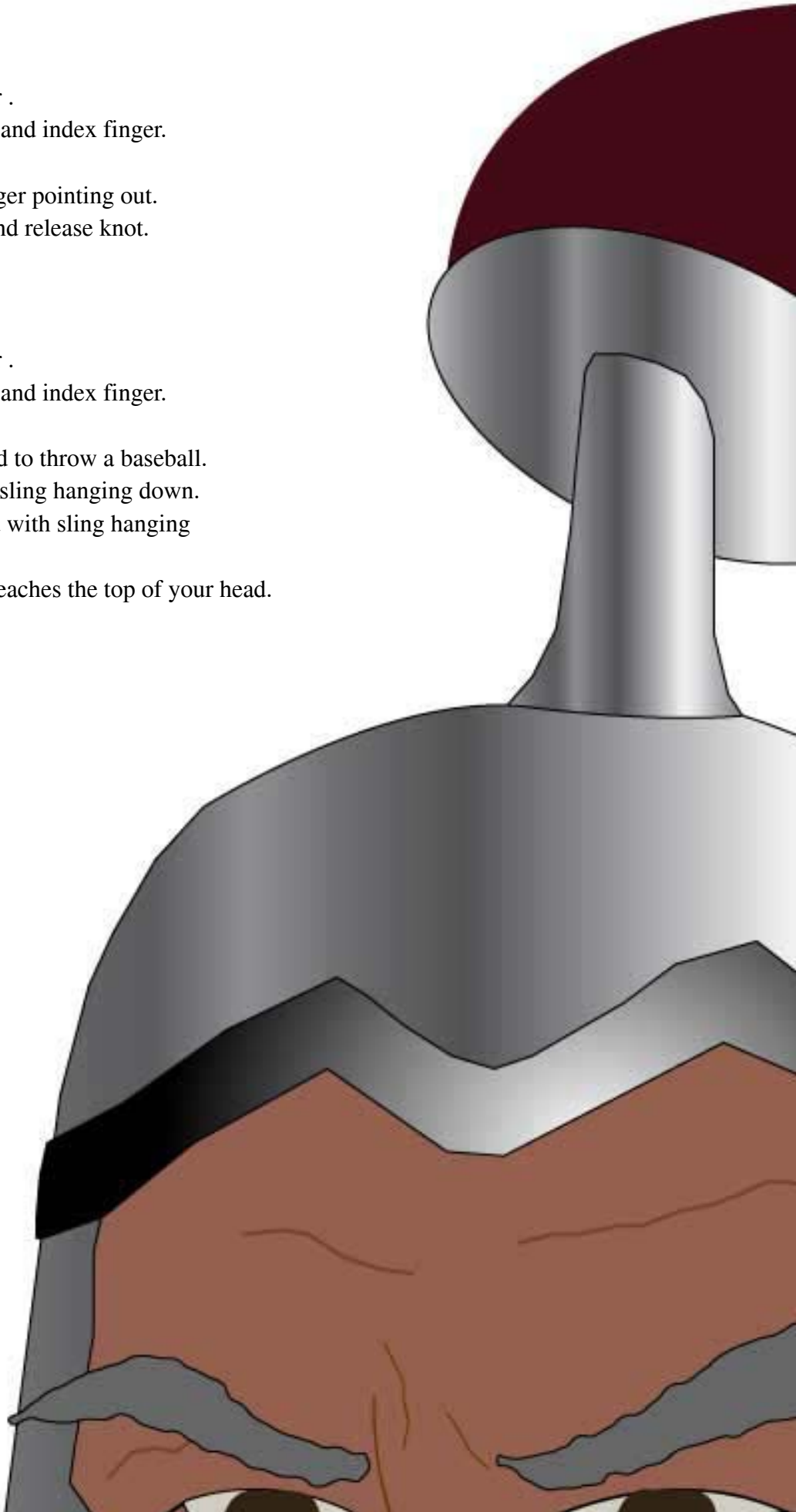
Using a Sling

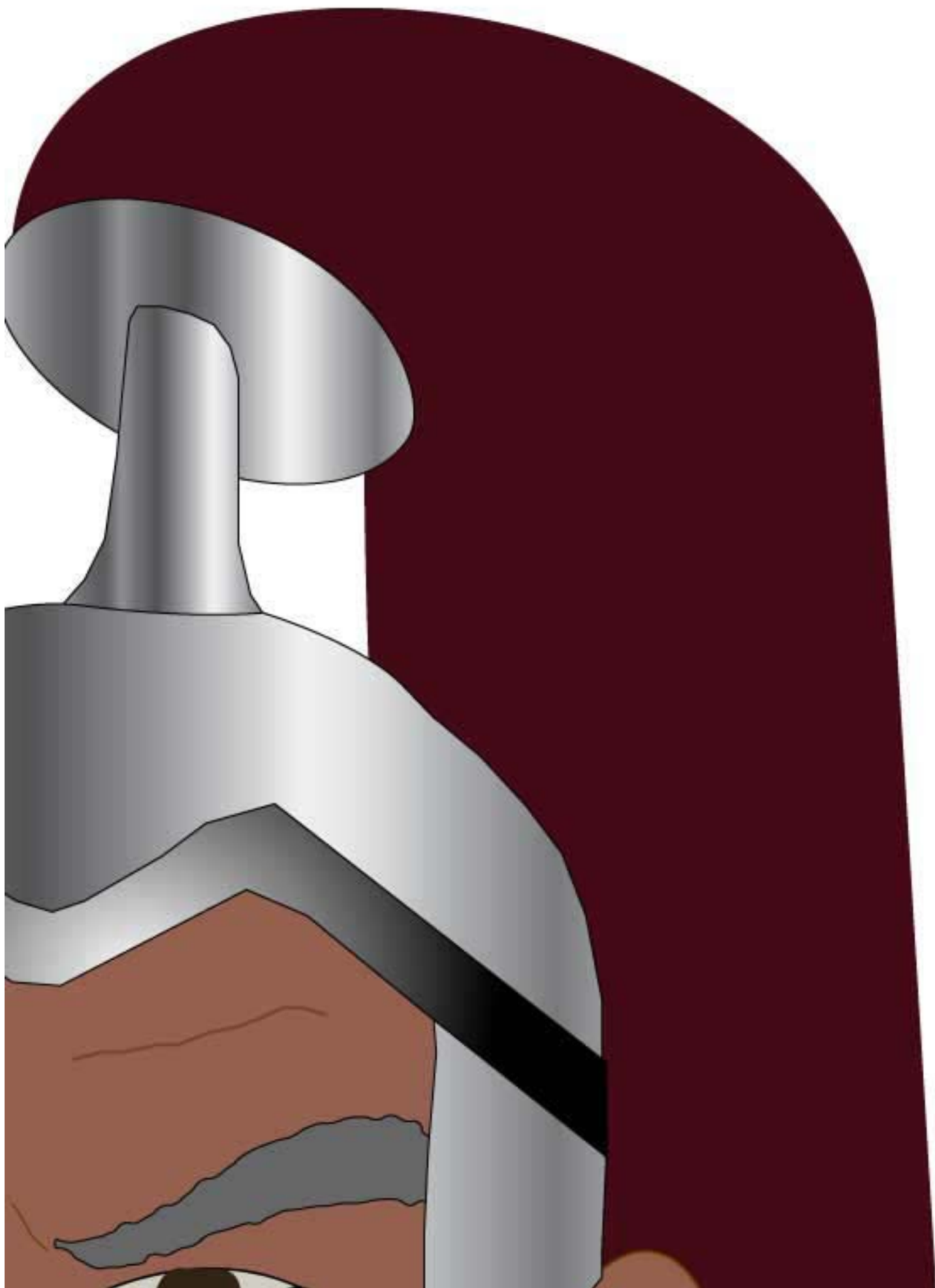
Method One:

1. Place finger loop on middle finger .
2. Hold release knot between thumb and index finger.
3. Place stone in pouch.
4. Swing above head, with index finger pointing out.
5. Point at target with index finger and release knot.
6. Practice, practice, practice.

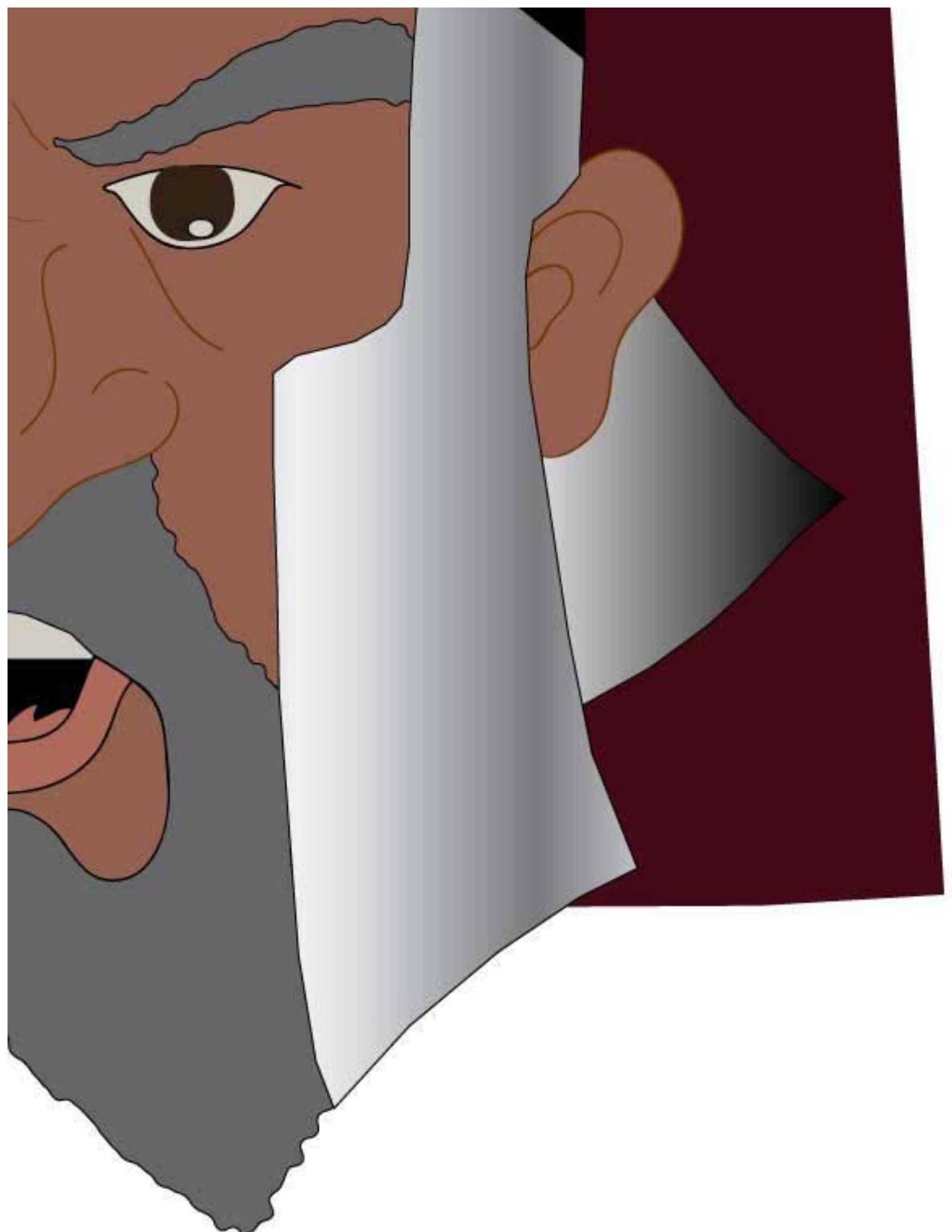
Method Two: (Easiest)

1. Place finger loop on middle finger .
2. Hold release knot between thumb and index finger.
3. Place stone in pouch.
4. Use the same motion as you would to throw a baseball.
 - a. Start with hand down at side with sling hanging down.
 - b. Lift arm up and behind your head with sling hanging behind you.
5. Release the knot when your arm reaches the top of your head.
6. Practice, practice, practice.









A circular image showing a close-up of dark, rich soil with a granular texture. In the center of the circle, the word "FAITH" is written in a light-colored, serif font. The letters are slightly shadowed, giving them a three-dimensional appearance as if they are resting on the soil. At the very bottom of the circle, a small, thin green plant sprout is visible, emerging from the soil.

FAITH



HOLY GHOST





PRAYER



TRUTH

Making a Sling

1. Cut (6) 84 inch pieces of yarn or string. Any string 1/16" wide will work. We used yarn.

2. Place the strings into an even row and then double to find the middle. Secure the strings at the middle by tying a small piece of string in a bow around them.

3. Divide the string into three strands of two strings each. Braid a loose flat braid for 4 inches by keeping the strands flat and parallel. This will become the 'finger loop'.

4. Fold the 4 inch flat braid in half and secure (remove the string that was securing the middle and use it to secure the finger loop).

5. Separate the string into three strands of four strings each. Braid a tight 12 inch round braid by rolling the strands over the previous strand. This will be the down cord. Secure the down cord (remove the string that was securing the finger loop and tie it in a bow at the end of the down cord).

6. Separate each of the strands evenly into two, new strands of six strings each. Divide each of these into three strands. Braid each of these strands into a 4 inch round braid. Secure each braid by tying a small piece of yarn in a bow around them (use the string that was securing the down cord for one of them).

7. Cut (4) 1/2 inch slits cross ways along two of the sides of your material .

8. Thread the 4 inch round braids through the slits and then secure together (remove the strings securing the 4 inch round braids and use one of them to secure the pouch). Fold pouch together and trim off the inner corners.

5. Divide the strings into two new strands of 4 strings each. Braid a tight 14 inch round braid for the release cord.

6. Tie a knot in the end. Trim ends of strands evenly.

7. Adjust the cords so the pouch is centered and then tie another knot in the release cord to make the release knot.

