



# RISE UP!

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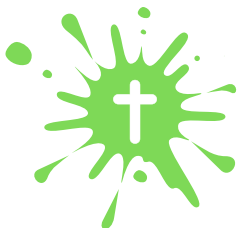


# INDIVIDUALITY

edition

## THE BIG TRUTH

God loves me no matter what!

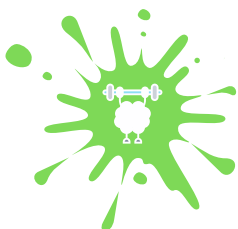


Let's keep exploring this truth this month! He created you to be...well YOU! And He loves exactly how He's created you.

## THE TRUTH & MEMORY VERSE

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

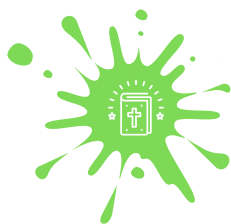
Psalm 139:14

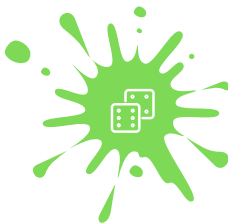


Have a grownup record you doing the verse in motion and tag us using #RISEUP4Christ

## BIBLE STORY

Today, we talk about David & how he knew God designed him for a purpose. (I Samuel 17). We challenge you to read the story from your own Bible then scan the QR code to watch a RISE UP! story you won't forget!





## **GAME ON**

Be on the lookout for a yummy challenge and a great game RISE UP! style. You may need a surprise item from your package to try the challenge!



## **PACKAGE SURPRISES**

1. An awesome beach ball!
2. Your very own RU! sticker.
3. Gummies. What?! We know...yum!



## **CONNECT WITH US**

We have a TEAM of RU! volunteers waiting to pray with and for you. It would be our honor to partner in prayer with your family. Write us a note on the enclosed postcard, throw a stamp on it & send it our way. You can also send prayers to [pray@RISEUP4christ.com](mailto:pray@RISEUP4christ.com).



scan for digital content  
password: RU4C

[www.RISEUP4Christ.com/ru-at-home-curriculum](http://www.RISEUP4Christ.com/ru-at-home-curriculum)



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## Bible Story: David and Goliath

### 1 Samuel 17:1-52 (NIV)

1 Now the Philistines gathered their forces for war and assembled at Sokoh in Judah. They pitched camp at Ephes Dammim, between Sokoh and Azekah. 2 Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines. 3 The Philistines occupied one hill and the Israelites another, with the valley between them. 4 A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span. 5 He had a bronze helmet on his head and wore a coat of scale armor of bronze weighing five thousand shekels; 6 on his legs he wore bronze greaves, and a bronze javelin was slung on his back. 7 His spear shaft was like a weaver's rod, and its iron point weighed six hundred shekels. His shield bearer went ahead of him. 8 Goliath stood and shouted to the ranks of Israel, "Why do you come out and line up for battle? Am I not a Philistine, and are you not the servants of Saul? Choose a man and have him come down to me. 9 If he is able to fight and kill me, we will become your subjects; but if I overcome him and kill him, you will become our subjects and serve us." 10 Then the Philistine said, "This day I defy the armies of Israel! Give me a man and let us fight each other." 11 On hearing the Philistine's words, Saul and all the Israelites were dismayed and terrified.

12 Now David was the son of an Ephrathite named Jesse, who was from Bethlehem in Judah. Jesse had eight sons, and in Saul's time he was very old. 13 Jesse's three oldest sons had followed Saul to the war: The firstborn was Eliab; the second, Abinadab; and the third, Shammah. 14 David was the youngest. The three oldest followed Saul, 15 but David went back and forth from Saul to tend his father's sheep at Bethlehem. 16 For forty days the Philistine came forward every morning and evening and took his stand.

17 Now Jesse said to his son David, "Take this ephah of roasted grain and these ten loaves of bread for your brothers and hurry to their camp. 18 Take along these ten cheeses to the commander of their unit. See how your brothers are and bring back some assurance from them.

19 They are with Saul and all the men of Israel in the Valley of Elah, fighting against the Philistines." 20 Early in the morning David left the flock in the care of a shepherd, loaded up and set out, as Jesse had directed. He reached the camp as the army was going out to its battle positions, shouting the war cry. 21 Israel and the Philistines were drawing up their lines facing each other. 22 David left his things with the keeper of supplies, ran to the battle lines and asked his brothers how they were. 23 As he was talking with them, Goliath, the Philistine champion from Gath, stepped out from his lines and shouted his usual defiance, and David heard it.

24 Whenever the Israelites saw the man, they all fled from him in great fear. 25 Now the Israelites had been saying, "Do you see how this man keeps coming out? He comes out to defy Israel. The king will give great wealth to the man who kills him. He will also give him his daughter in marriage and will exempt his family from taxes in Israel." 26 David asked the men standing near him, "What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?" 27 They repeated to him what they

had been saying and told him, "This is what will be done for the man who kills him."

28 When Eliab, David's oldest brother, heard him speaking with the men, he burned with anger at him and asked, "Why have you come down here? And with whom did you leave those few sheep in the wilderness? I know how conceited you are and how wicked your heart is; you came down only to watch the battle." 29 "Now what have I done?" said David. "Can't I even speak?" 30 He then turned away to someone else and brought up the same matter, and the men answered him as before.

31 What David said was overheard and reported to Saul, and Saul sent for him. 32 David said to Saul, "Let no one lose heart on account of this Philistine; your servant will go and fight him." 33 Saul replied, "You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth." 34 But David said to Saul, "Your servant has been keeping his father's sheep. When a lion or a bear came and carried off a sheep from the flock, 35 I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it. 36 Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. 37 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 the Lord be with you.

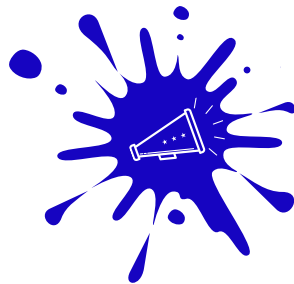
38 Then Saul dressed David in his own tunic. He put a coat of armor on him and a bronze helmet on his head. 39 David fastened on his sword over the tunic and tried walking around, because he was not used to them. "I cannot go in these," he said to Saul, "because I am not used to them." So he took them off. 40 Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd's bag and, with his sling in his hand, approached the Philistine.

41 Meanwhile, the Philistine, with his shield bearer in front of him, kept coming closer to David. 42 He looked David over and saw that he was little more than a boy, glowing with health and handsome, and he despised him. 43 He said to David, "Am I a dog, that you come at me with sticks?" And the Philistine cursed David by his gods. 44 "Come here," he said, "and I'll give your flesh to the birds and the wild animals!" 45 David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. 46 This day the Lord will deliver you into my hands, and I'll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. 47 All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord's, and he will give all of you into our hands."

48 As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. 49 Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground.

50 So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him.

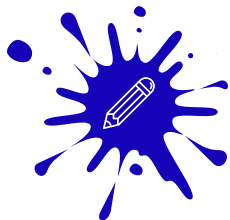
Since you are God's *fearfully and wonderfully* made masterpiece, draw a detailed picture of yourself below. Have a grownup take a picture and tag us #RISEUP4Christ



## **Table Talk**

**{intentional chat starters}**

1. If you could get a gold medal in anything at all (hiking, air guitar, letter writing), what would it be?
2. How is each person in our house unique?
3. David had some hard training as a Shepherd. Parents, share about something hard you went through and saw God use it later.
4. God used David when he was young. How do you feel God might be using you right now?
5. How does knowing that God designed you just right for His purpose help you see that He loves you no matter what?
6. Make a list of the things you love about the way God created you.



## Activity Page

### Picture Puzzle

Directions: Count how many you see of each item below.



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\_\_\_\_\_



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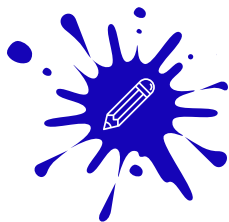
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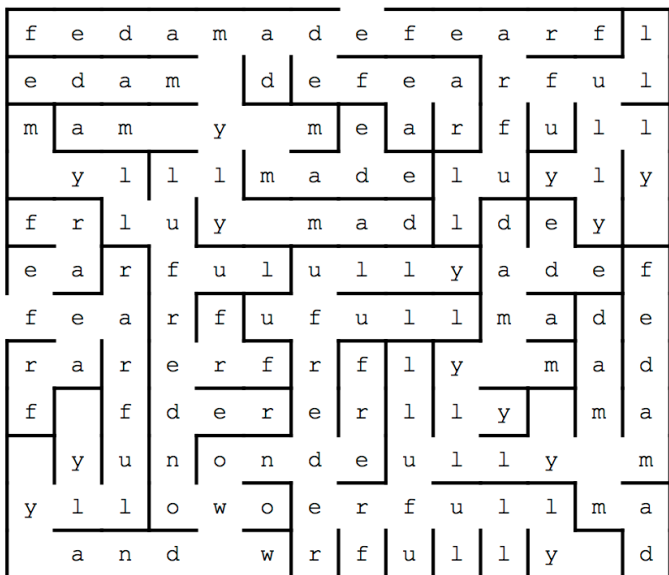


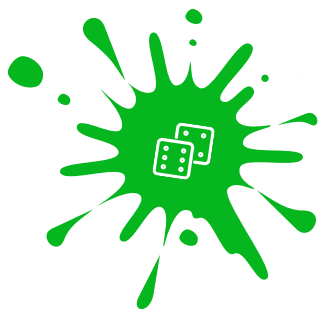
## Activity Page

### Bible Verse Word Maze

**I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14**

Directions: Use the Bible verse to find your way through the maze.





## Kid Challenge

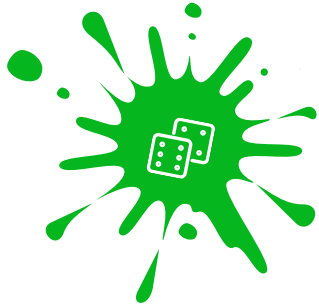
### Gummy Bear Launch

**Supplies:** \*gummy bear, spoon, cup (optional)

**Goal:** Launch a gummy bear into someone's mouth (or a cup)

1. Place one gummy bear at a time in the shallow bowl part of a spoon.
2. Gently pull back on the shallow bowl's tip then release so that the gummy bear launches into the air.
3. Attempt to have the gummy bear land in the mouth of a family member or friend (or a cup you have set up.)

*\*included in your package*



## Game On!

### Beach Ball Towel Toss

**Supplies:** \*Beach ball, towel(s)

**Goal:** Toss a beach ball back and forth using only towel(s)

1. Space out several feet from another person.
2. Hold your towel with one hand on each end and pull tight.
3. Toss the ball to another person who is holding a different towel the same way.
4. Continue back and forth as many times as you can without the ball touching the ground or your body.

**VARIATIONS:** You can do this using paper plates, cookie sheets, whatever you have on hand. You can even challenge yourself by seeing how many times you can toss the beach ball up into the air without letting it fall!

*\*included in your package*



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## ADULT DEVOTION

### When You Feel Unlovable

by Amy Carrol - Proverbs 31 Ministries - August 28, 2020

Because I'm a cold-natured gal, I have blankets all over my living room. Anytime I sit down, I snuggle up. But there's one blanket in particular that's more valuable to me than all the others. I love to get under its warmth, pull it up to my chin and sink into the memories of my Grandma Dohm. You see, my grandmother made that blanket for me.

When I lie under it, my imagination goes a little wild. I ponder all the work and love my grandmother invested as she knitted for hours, thinking of and praying for me. She devoted her time and heart to making something precious and lasting for me. That description doesn't just apply to my grandmother's blanket. In a much deeper way, you are precious and lasting!

I love the way Psalm 139:13-14 says it, *"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well"* (NIV).

God spent immeasurable care in the planning, creating and knitting together of you. I can picture Him delighting in you and the purpose He was weaving into you. He must have had a grin stretching from one divine ear to the other as He dreamed you up!

- God loves you simply because He made you.
- But is that hard to believe today?
- Maybe you're having a bad day ... or maybe you've never felt worthy of love.
- Perhaps you're stumbling over past mistakes, failures and sins, feeling undeserving and undesirable.



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## ADULT DEVOTION cont.

Some of us were handed the label of “unlovable.” Or maybe you always feel like the outsider, never experiencing the joy of belonging.

4dWhen we feel unlovable, we can learn from David, who said, “I’m fearfully and wonderfully made.” If not for the phrase before it —“I praise you” — that statement would be nothing but bragging. “I praise you” is the essential piece our self-love culture is missing. The first part of the verse makes the second part true. If we start with the praise of our Creator, then loving ourselves becomes the overflow. ***“I praise you because I am fearfully and wonderfully made”.***

In praising God, loving ourselves becomes an act of worship toward our Creator.

Not long ago, a friend made me put this idea into practice. When I shared these thoughts with her, she said, “I want to hear you put this into action! How do you love yourself? What do you love about who you are and how God created you?”

I hesitated, and then started a list:

- I praise God for giving me a passion for justice.
- I thank Him for the compassion He’s woven into me.
- God created me to teach. I’m so thankful I love doing it!
- And even though I got teased as a little girl, I like that my nose turns up at the end a little bit.
- I praise God because I am fearfully and wonderfully made.

Just like the blanket my grandmother knit for me, you are one of a kind. You’re not a replica. You aren’t mass-produced, hot off the presses and stacked on the shelf just like every other one. You are fearfully and wonderfully made by your adoring Creator. On days when you feel unlovable, embrace the fact that you’re immensely loved!