

God Delivers Us

By RLD Editorial Team

for use as
STEP 1**Lesson 3****Focus:**

Salvation comes
from God.

Lesson 3**Bible Basis:**

1 Samuel 17

Lesson 3**Memory Verse:**

The LORD is my light and my salvation
—whom shall I fear? The LORD is the
stronghold of my life—of whom shall I
be afraid?
—Psalm 27:1

Students will watch a situation where salvation rested solely on a man's strength and strategy as they explore our need to be delivered from sin.

Materials:

- Whiteboard and marker (or screenshared document)
- Optional: Smartphones

Before class, write the word *salvation* on the whiteboard (or screenshared document).

As students enter the classroom, have them discuss their definition of *salvation*. If they have access to the Internet through their smartphones or other devices (and with teacher permission), they can look up the definition. Encourage students to define salvation not only in the biblical sense, but also discuss other meanings of the word.

➤ **What is the definition of *salvation*?** (One definition, according to Merriam-Webster online dictionary, is: deliverance from danger or difficulty. It might also be defined as deliverance from sin and its consequences through faith in Jesus Christ.)

➤ **What are some harmful things you've been delivered from and who saved you?** (Give your own non-biblical response to get your students thinking about a broad spectrum of instances of deliverance/rescue. Answers might include: My mom saved me from getting bitten by a mean dog; my dad saved us from getting hit by a car; my best friend rescued my homework from getting ruined in the rain, etc.)

Many of you may have heard of Alex Honnold, the famous rock climber featured in the Netflix documentary *Free Solo*. Alex is considered to be very daring—even to the point that people question his choices. He was the “first climber to free solo Yosemite’s 3,000-foot El Capitan wall.” Think about it: he climbed over half a mile straight up—with no ropes, harnesses, or safety nets. This isn’t the only climb he’s “soloed” or climbed without a harness. Let’s take a look at one of his recent climbs.

Play the following video for your students [2:59; stop at 2:32]:

Alex Honnold BEST MOMENTS Free Soloing Taipei 101

<https://www.youtube.com/watch?v=KkVZm5UuXIs>

➤ **Thankfully, Alex hasn't fallen on any of his solo climbs. What could've happened if Alex had slipped or fallen on one of these big climbs?** (Answers may include: falling, serious injuries, even death.)

➤ **Do you like to do daring adventures, or do you prefer to be in situations in which someone or something could rescue you?** (Answers may vary.)

➤ **In your life, who do you expect to rescue you in times of need?** (Answers might include: my parents, rescue workers, friends, God, etc.)

Salvation means being rescued from danger, difficulty, or loss. We have all needed to be rescued from something: bullies, weather, accidents—you name it, we've encountered it. It's a part of life. Today we're going to learn how through the faith of a young man named David, the great Deliverer came and rescued His people from harm. Let's read on.

Source:

<http://www.alexhonnold.com/>

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)



Lesson 3 / September 20, 2026

God Delivers Us

for use as
STEP 4 **Lesson 3
Focus:**Salvation comes
from God.**Lesson 3
Bible Basis:**

1 Samuel 17

**Lesson 3
Memory Verse:**

The LORD is my light and my salvation
—whom shall I fear? The LORD is the
stronghold of my life—of whom shall I
be afraid?
—Psalm 27:1

Materials:

- Index cards or pieces of paper
- Pens/pencils

If you are meeting online, invite students to bring supplies with them to class.

Earlier in our lesson, we saw how David's faith in God delivered his people from the Philistines' harm. David was able to kill the great giant Goliath without any armor and using only one small stone. Only God is capable of that kind of victory!

In the same way God saved the Israelites from harm, He can save us from our own impending harm—sin—the biggest giant of them all. We cannot save ourselves from the consequences of our sin. It's too big of a giant. The only way to be delivered from our sin is through faith in Jesus Christ.

➤ **Why do we need to be rescued from sin?** (Answers may include: Sin separates us from God; sin weighs us down and makes us feel defeated; it's something we struggle with every day and we need God's help to get it out of our lives; we can't beat sin on our own, only God can win that battle.)

Be aware of those students who might want to discuss salvation further and offer to talk to them after class. Help on how to share the gospel with this age group is found in your teacher's guide.

Distribute supplies (or invite students to have them ready at home). **Take a moment to think of an area in your life in which you feel like you need to be rescued. Maybe your classes are really hard this year. Maybe you are having a hard time keeping up with your extracurricular activities. Maybe you are experiencing a difficult situation with your family. Whatever the situation may be, write it down. Then, write a brief prayer, asking God to be your rescuer in all areas of life.**

Allow students a few minutes to write.

As we go out this week, let's be in prayer that God would give us faith like David's faith. Let's choose to believe that God can save us from any battle we face, any sin that has been defeating us and that He can give us everlasting life through salvation in His Son, Jesus Christ.

You can place your card or paper by your bed. Every time you lay your head down, you'll be reminded that God has defeated sin in your life and has given you His salvation if you've chosen to believe and follow Him. We have the same power available to us as David had available to Him. Let's follow David's example and choose to live a life of faith in the great Deliverer.

Pray to close.

(We are not affiliated with and do not endorse any website or any other media listed on these pages. At the time of writing, we carefully review the referenced material and non-referenced web page content. However, due to the nature of the Internet, non-cited content on the website [including pop-ups, links, and ads] changes frequently and is beyond our control. Please review carefully before showing links in the classroom.)