

GOLIATH'S HEIGHT AND ARMOR

<https://www.pastorjasonelder.com/bible-facts-all/goliaths-armor-weight-construction-and-meaning-in-the-biblical-story>

Goliath's height in the Bible is recorded as "six [cubits](#) and a span" in the Masoretic Text of [1 Samuel 17:4](#), which equals roughly nine and a half feet. The older [Dead Sea Scrolls](#) and the Septuagint, however, record his height as "four [cubits](#) and a span," about six feet seven inches. These two textual traditions give us a range for understanding Goliath's stature in the ancient world.

ARMOR:

[1 Samuel 17:5-7](#) offers the fullest account. Goliath wore:

- A bronze helmet on his head
- A coat of scale armor weighing five thousand shekels
- Bronze greaves on his legs
- A bronze javelin slung between his shoulders
- A [spear](#) with an iron point weighing six hundred shekels
- **The Coat of Scale Armor**
- This is the most striking description. The armor weighed "five thousand shekels," which equates to roughly 125 to 150 pounds depending on the shekel standard used. Scale armor consisted of overlapping metal plates sewn onto a backing of leather or heavy cloth. Archaeological finds from the Late Bronze and early Iron Age show how such armor functioned—it moved with the body yet offered protection against arrows and slashing weapons.
- The armor's appearance likely shimmered. Bronze scales would have caught the light, making Goliath look like a moving wall of metal.
- **The Bronze Javelin**
- Slung across his back, the javelin added to the intimidation. The text emphasizes bronze again, the Philistines' metallurgical advantage.
- **The Spear with the Iron Point**
- The spearhead alone weighed "six hundred shekels," roughly fifteen pounds. Most spearheads weighed under two pounds. Goliath's was almost more like a short-range missile than a standard weapon.
- The shaft would have been proportionally heavy, likely made of thick hardwood. This was a weapon that required immense strength simply to wield.

Estimating the Total Weight of Goliath's Armor

Putting these components together gives a picture of staggering mass:

- Helmet: 8–15 pounds
- Scale armor: 125–150 pounds
- Greaves: 8–10 pounds combined
- Weapons (including spearhead): 20–30 pounds

A conservative combined estimate approaches 160 to 200 pounds.



Ancient Bible Names with Their Current Names

A list of ancient biblical names of people groups and places, territories or countries with their current names or regions.

Have you ever read the names of people groups or of territories or of places in the Bible and wanted to know where they were located, today?

There are many places mentioned in the Bible that we cannot find on a map, today. The names of these places have changed. Some still look or sound a little like their ancient names while others don't look or sound anything like the original names.

Below is an extensive list of people groups in the ancient middle east with their current names. During the last five thousand years many places have changed names. Connect the Ancient Bible names and territories to Modern names and territories.

Following that is a list of ancient cities and where they are located.

Feel free to print these tables and use as needed. Print Friendly Page :

Ancient Bible Names of People Groups		
The Ancient Country or People	The Current Name or Region	Map
Abimael, Obal, Sheleph and Uzal	Yemen	link
Ammon, Moab and Edom	Jordan	link
Amor(ites)	Eastern Israel	link
Arabia	Saudi Arabia, Bahrain, Qatar and some of Iraq and Jordan	link
Aram	Syria	link
Arkites	Lebanon	link
Ashkenaz	Germany	link
Asshur(ites)	Northern Iraq	link
Assyria	Iraq	link
Canaan(ites)	Northern Israel and Southern Lebanon	link
Caphtor(ites)	Crete	link
Cush	Ethiopia and some of Sudan, Somalia and Yemen (and possibly more of northern Africa)	link
Decapolis	Northwestern Jordan and a small part of Israel	link
Dedan, Ophir, Jobab and Sheba	Saudi Arabia	link
Girgashites	Western Jordan	link
Gomer	Ukraine (some suggest Germany)	link
Javan	Greece	link
Magog, Rus and Rosh	Russia	link
Midian	Western Saudi Arabia and Southern Jordan	link
Mizraim	Egypt	link
Philistia	Part of south western Turkey and lower plateau of western Israel by the Mediterranean Sea	link or link2
Phoenicia	Lebanon	link or link2
Persia, Parthia	Iran and some of Iraq	link or link2
Phut/Put (a bow) the third name in the list of the sons of Ham (Ge 10:6 ; 1Ch 1:8). elsewhere applied to an African country or people. The few mentions of Phut in the Bible clearly indicate a country or people of Africa, and, it must be added, probably not far from Egypt (Isa 66:19 ; Jer 46:9 ; Eze 27:10 ; 30:5 ; 38:5 ; Na 3:9). Some identify it with Libya, in the northern part of Africa near the Mediterranean Sea; others with Nubia, south of Egypt.)	Libya and some of Egypt and North Africa	link
Riphat	Europe	link

Scythia	Southern Russia	link
Sinites	China, Mongolia	link
Togarmah	Parts of Turkey, Turkomen, Turkestan and Armenia	link
Tarshish	Carthage (or possibly Great Britain)	link
Tiras	Italy	link
Tubal	Turkey (or possibly Tobolosk)	link
Old City Names - Current location		
The Ancient City	The Current Location	Map
Alexandria	Southeastern Turkey (Coastal)	link
Antioch	Northwest Syria (Coastal) - present day "Hatay"	link
Athens, Berea, Corinth, Philippi and Thessalonica	Greece	link
Babylon	Iraq	link
Cyrene	Northwest Libya	link
Damascus	Syria	link
Ephesus, Pergamum and Smyrna	Western Turkey	link
Elishah	Sicily	link
Haran and Padan-aram	Eastern Syria	link
Jebus	Jerusalem	link
Iconium and Lystra	Central Turkey	link
Kittim	Cyprus	link
Meshech	Moscow	link
Shechem	Nablus	link
Shinar	Iraq - Ancient Babel and present day "Babylon"	link
Sidon and Tyre	Western Lebanon (Coastal)	link
Smyrna	Izmir	link
Tarsus	Eastern Turkey	link or link2
Ur	Southeastern Iraq	link

Sources: *Christian Classics Ethereal Library*, "Creation and the Second Coming" by Henry M. Morris, "World Atlas" by Rand McNally, "The Atlas of Bible Lands" by Harry Thomas Frank, "The International Standard Bible Encyclopedia" by Geoffrey W. Bromiley, "The Magog Invasion" by Chuck Missler, "The New Open Bible" by Nelson Publishing, *The Strong's Concordance*, and www.worldatlas.com/aatlas/world.htm.

(This document may be freely copied in its entirety and used in your Bible studies.)

LookingUntoJesus.info — Ancient Bible Names with Their Current Names