

Overview of the Series *Becoming Giant Killers*

Part 1 Continued ~ Overview of the Story of David and Goliath

1. What giants do we face today?
2. How do skill and strategy work together to defeat an opponent?
3. How can we partner with God to overcome the giants in our lives?
4. What qualities do giant killers need to possess?
5. Why do we need to kill the giants in our lives?
6. What happens if we do not defeat the giants that we face?

Story of David and Goliath

- Philistines vs Israelites (History)
- Goliath Challenges the Israelites (Current Situation)
- Description of Goliath (How Is Goliath Intimidating?)
- Description of the Israelite Army (Actions/Thoughts/Words)
- Who Is King Saul/What Type of King Is He Currently?
- Who Is David? What kind of person is he?
- How Has God Prepared David for This Fight? (David's Backstory)
- What other obstacles (mini giants) must David overcome?
 - Past Experiences
 - Wrong Armor
 - Voices of Discouragement

Background/Key Text: 1 Samuel 17:1-51

Devotional Reading/Reference Scriptures

Deuteronomy 1 (key verse 21); Numbers 13 (key verses 30-33); Numbers 14 (key verses 6-9); Romans 8:31-39; 2 Corinthians 10:4; Isaiah 41:10; 1 Timothy 6:12; 1 John 4:4; 1 Peter 5:8; Luke 1:37; 1 Peter 5:8; 2 Chronicles 7:14; Revelation 3:21

Key Verses

"Then David said to the Philistine, "You come to me with a sword, with a spear, and with a javelin. But I come to you in the Name of the Lord of hosts, ...This day the Lord will deliver you into my hand, ...that all the earth may know that there is a God in Israel." (1 Samuel 17:45-46)

"And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it. But the men that went up with him said, We be not able to go up against the people; for they are stronger than we. And they brought up an evil report of the land which they had searched unto the children of Israel, saying, The land, through which we have gone to search it, is a land that eateth up the inhabitants thereof; and all the people that we saw in it are men of a great stature. And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight." (Numbers 13:30-33).

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Key Terms:

Giant 1. A giant (in folklore) is a being with human form but superhuman size, strength, etc. and usually very cruel. 2. a person or thing of unusually great size, power, importance, etc.; major figure; legend. (a giant in her field; an intellectual giant.)

Armor defensive covering for the body

Kill To deprive of life; to cause to stop; put an end to or cause the failure or defeat of (something); to destroy the vital or active qualities of something.

Defeat vs. Conquer "Defeat" focuses on overcoming in a contest or struggle, while "conquer" emphasizes gaining complete control or mastery over a person, place, or thing, often through sustained effort or force.

Lesson Purpose: The purpose of this lesson is to show God as greater than the giants in our lives. All too often we find ourselves overwhelmed, afraid, and unsure because of life's circumstances. This lesson demonstrates God can be greater than the issues we face every day. God is greater than the giants but not in a negative, domineering, or frightful way. He overcomes our hardships. When we are in relationship with Him the giants of our lives shrink and cease to have control over us.

David and Goliath: A Paradigm of Faith and Courage

In today's account, we see that the Israelites were struggling with a strong, life-long opponent: the Philistines. The history of the animosity between the Philistines and the Hebrews could be traced back to the exodus. At that time, the Israelites took the longest route to the land of Canaan in an attempt to avoid going through the land of the Philistines (Exodus 13:17). As the biblical history develops, we learn that for a very long time the Philistines were the bullies who suffocated life out of the Israelites. In the account of David facing Goliath, we learn that the Israelites were really intimidated by Goliath. The Bible says, "...Saul and all the Israelites were dismayed and terrified" (1 Samuel 17:11). A fretful feeling seized the hearts of the Israelites every time the giant defied Israel. Yet, in the midst of their fears, they knew that the confrontation with the giants could no longer be avoided.

The account of David and Goliath is a quintessential example of overcoming seemingly insurmountable odds through faith in God. Goliath taunted the armies of Israel, instilling fear and paralysis among them. David, a young shepherd boy, volunteered to fight Goliath, armed only with a sling and five smooth stones. His confidence was not in his own strength but in the Lord. David's victory over Goliath illustrates that faith in God can empower believers to overcome any giant they face.

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The Giant Killers

Why live in the wilderness when Canaan is so close? Wilderness living is the story of many today. They've heard the report: giants in the land. Isn't everyone unhappy? Isn't everyone having it hard? The difference is that some know how to take their burdens to the Lord and leave them there. Some slay the giants and others are captured by them daily. The Giant Killer? Jesus, the living Word of God. Jesus came to this earth, conquering the devil, conquering all things for you, showing you the way to Heaven, teaching you how to trample devils underfoot with the Word of God.

What kind of person are you? Are you one who sits in the bleachers, merely observing the rise and fall of the battle? There are watchers, those who refuse to become involved, and there are fighters. David was a fighter; in the tender age of youth he didn't appear to be a giant killer, but through the name of Jehovah God he was **ABLE TO OVERCOME**.

Looking into the mirror you may not see someone who appears to be a victor if you look only at self. Look into the mirror through the eye of faith and see Jesus, your strength, your help.

The soul is the part of you that will live forever; the body is going back to the dust of the earth. Only through the Word and by the power of the Holy Spirit can you see the soul. The Word of God penetrates through flesh and bone: For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart (Hebrews 4:12). Look at your soul through the Word: is it pure, clean? If there is to be no sin in the soul, that soul must be blood washed. Only the blood of Jesus will cleanse the soul.

The giants didn't bother David, for his eyes were fixed on God. Not even the lions and the bears frightened him; he had a heart to trust in the Lord. Psalms and hymns of praise flowed from his lips. He saw all nature praising God. His love and praise for God defeated all the enemies around him.

How do you praise God? Have you rejoiced in the Lord today? Have you told Him how much you love and trust Him or has an army of giants come after you, surrounding you, making your life a wilderness? Some of you are in the wilderness and know it not. A wilderness isn't only desert and barren land; a wilderness can be your daily spiritual life.

Recognize where you live. The Psalmist said, He leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake (Psalm 23:2,3). David's soul was alive, well and happy. Who is this uncircumcised Philistine, that he should defy the armies of the living God (I Samuel 17:26)? David wanted to know. The giant did not intimidate him because he knew God would live up to all the promises in His Word. With God, David was **WELL ABLE TO OVERCOME**. He went to war with the joy of the Lord in his heart—the Bible tells us the joy of the Lord IS

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our strength. A boy whose complete trust was in the Lord, a happy boy, met the giant that had terrified the whole Israelite army. David laid him out with one little stone. Doesn't that tell you something? What God will do for one He will do for all who believe, nothing doubting.

Many times, we prefer not to confront the issues and problems in our lives but allow ourselves to be captured and made slaves. We often avoid facing our giants because we fear the pain that may result from confrontation. Yet, many times avoiding pain creates more pain. Sometimes, we avoid facing the giants because the challenge calls us to change. In fact, the point this story is trying to emphasize is change. This idea is presented to us in the text in more than one way. For instance, the Bible says, "For forty days the Philistine came forward every morning and evening and took his stand" (v. 16). You may be wondering, how in the world does this phrase denote a moment of transition, a period of change? In most cases, the number forty seems to be used in the Bible to represent a period of trials that produces change. You may remember that at the time of the flood, it rained for 40 days and 40 nights (a period signifying the shift to a new start). The Israelites were in the desert 40 years to allow time for the emergence of a new generation. Moses spent 40 days on Mount Sinai, and Elijah walked another 40 days there (after these periods of time their lives were not the same). Forty days was what it took the 12 spies to explore the Promised Land at a time when the Israelites were preparing to enter a new stage. Jesus fasted for 40 days before the change from his private life to his public ministry life took place. Forty days is also giving us the idea that Goliath's challenge is going to lead to a major transition. One of the major shifts we see in this story happens in the life of David. When we look at the text carefully, we realize that the passage (1 Samuel 17) seems to introduce David for the very first time. Yet, David had been introduced a chapter ago (1 Samuel 16). So, one of the big changes we see in the story is David going from insignificance to recognition. In 1 Samuel 16, we see David as the forgotten shepherd boy and the overlooked musician at the service of the king. However, the passage of 1 Samuel 17 is presenting to us David the warrior. There is a change taking place... Moreover, the change is not only for David. We see change for the Israelites as a nation. At the beginning of the chapter, we see that the Israelites were a club of scary cats. However, by the end of the chapter, we see the Israelites full of courage. There is a change taking place...

WHY DO WE NEED TO BE GIANT KILLERS?

Unchecked giants will take control over our thoughts, emotions, and our actions or paralyze us – eventually, keeping us from our destiny. We will become enslaved to worry, insecurity, procrastination, bitterness, etc. Insecurity will prevail over faith and strength. Goliath controlled Saul causing him to make a strategically bad decision. He let the giant choose the rules and define the win.

A curiosity becomes a fascination. A fascination becomes a habit. A habit becomes bondage. And bondage, if left unchecked, becomes a giant.

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What are some giants we face in today's world/life – or what are some things that can become giants or that we do to help create them?

- Financial Struggles/Bankruptcy/IRS
- Garnishment
- Hunger for the approval of others
- Self-victimization
- Apathy
- Procrastination
- Lazy Thinking
- Lack of Responsibility
- Mediocrity
- Selfishness
- Caregiving
- Overworking
- Stubbornness
- Bad Decisions
- Generational Influences
- Bad Attitude
- Feelings of Failure
- Chronic Complaining
- Rebellion/Lack of Submission
- Persecution from Others
- Betrayal
- Eating Disorders
- Self-Loathing
- Mental Health Issues
- Diabetes
- Cancer
- Marital Strife/Divorce
- False Accusations/Lies
- Failing Ministry
- Death of a Loved One
- Hostile feelings and attitudes toward people who think, look, behave, and believe in ways different than yours

Physical Giants

Examples: Sickness/Disabilities, Financial Struggles, Limited Opportunities, People

Spiritual Giants: Weight, Sin and Temptation, Spiritual Warfare

Spiritual Immaturity, Easily Offended, Laziness/Slothfulness, Gluttony, Addiction (Alcohol, Drugs, Shopping, Sex, Gambling), Gossip, Backbiting, Evil Speaking, Deceit/Lying, Lust, Hatred, Unforgiveness, Envy/Jealousy, Pride, Anger, Bitterness, Malice, OR Trials, Tests, and Temptations, etc.

In the Christian life, giants can take the form of sin and temptation. The Apostle Paul writes about the struggle against sin in Romans 7, acknowledging the internal battle believers face. However, he also provides hope in Romans 8:37, stating, "No, in all these things we are more than conquerors through Him who loved us". Through the power of the Holy Spirit, believers can overcome the giants of sin and temptation, relying on God's strength rather than their own.

Emotional and Psychological Giants

Examples: Fear, Unbelief, Insecurity, Shyness, Low Self-Esteem, Anxiety, Depression, Worry/Doubt, Grief/Suffering, Brokenness, Loneliness, Shame, Self-Pity/Sympathy, Guilt, etc.

Giants are not always physical or external; they can also be emotional or psychological, such as fear, anxiety, and depression. The Bible offers comfort and encouragement for those facing such giants. In Philippians 4:6-7, Paul exhorts believers, "Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your

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requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus". Trusting in God's sovereignty and goodness can help believers overcome these internal giants.

Relational Giants: Conflict and Forgiveness

Examples: Forgiving Yourself, Forgiving Others, Asking for Forgiveness

Relational conflicts can also be giants in our lives, requiring forgiveness and reconciliation. Jesus teaches about the importance of forgiveness in Matthew 18:21-22, where He instructs Peter to forgive "not seven times, but seventy-seven times". Forgiveness is a powerful tool for overcoming relational giants, reflecting God's grace and mercy toward us.

Practical Steps for Overcoming Giants

1. **Faith and Trust in God:** Like David, believers must place their trust in God, recognizing that He is greater than any giant they face. Hebrews 11:1 defines faith as "the assurance of what we hope for and the certainty of what we do not see".
2. **Prayer and Scripture:** Engaging in regular prayer and studying Scripture equips believers with spiritual armor. Ephesians 6:10-18 describes the armor of God, emphasizing the importance of prayer and the Word in spiritual battles.
3. **Community and Support:** The Christian community provides support and encouragement. Hebrews 10:24-25 encourages believers to "spur one another on toward love and good deeds" and to "not neglect meeting together".
4. **Perseverance and Patience:** Overcoming giants often requires perseverance. James 1:2-4 reminds believers that trials produce perseverance, leading to spiritual maturity.

5. Faith in Action / Effort

Example: Sexual Immorality, Addiction to Alcohol, Drugs, Gambling, Shopping, etc.

- Seek God for Deliverance (Accept Christ as Savior and allow him to live through you.) Pray and meditate on the word. Be filled with the Holy Spirit.
- Seek counseling to talk about root causes (genetics, abuse, rejection, environment, etc.) and practical strategies for help (detox, replacement therapy, support/accountability groups, etc.)
- Practical Steps: AVOID putting yourself into tempting situations: Do not watch or listen to programs with enticing imagery; rather than shopping, find other ways to cope with stress or boredom (i.e., a hobby); do not hang around others who drink or do drugs.
- Do NOT think you can do "a little" sin. Avoid "One more time."

Example: Financial Difficulties

- Get help with your organizing your finances and counseling on making better decisions or pray AND practice self-discipline.
- If it is job loss, exercise faith in God AND actively look for another job (while enhancing your education, skills, knowledge, etc.)

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Example: Gluttony/Food Addiction

- Pray, Fast, Meditate on God's word that is relevant to your trial.
- Instead of just saying NO, say YES to alternatives.
It is very interesting that there are so many food and taste analogies in the Bible for God himself:
 - "Taste and see that the Lord is good." (Psalm 34:8)
 - "Desire the sincere spiritual milk of the word." (1 Peter 2:2)
 - "I am the bread of life. Come to me and you will not hunger." (John 6:35)
 - "Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food." (Isaiah 55:1-2) The implication here is that if we give ourselves to being satisfied with spiritual bread, wine, and milk, then physical hunger will lose its supreme power.

By applying biblical principles, promises, and practical strategies and by using wisdom and discernment, believers can face and overcome the giants in their lives, by trusting in God's power and provision and following the guidance of the Holy Spirit.

10 MAJOR KEYS TO KILLING GIANTS

- 1. Know God and Partner with Him (As Father, Son, Holy Spirit)**
- 2. Know Your Identity (in Christ) as a Giant Killer and Take Authority**

- | | | |
|-----------------------------------|---|-------------------------------|
| • Overcomer | • Anointed, | • God's Coworker |
| • More than a Conqueror | • Established, Sealed | • Called to His Purpose |
| • Heir/Joint Heir | • Delivered | • New Creation |
| • Blessed | • Salt of the Earth | • Temple of the Holy Spirit |
| • Sanctified, Justified, Redeemed | • Light of the World | • Friend of God |
| • Child of God | • Minister of Reconciliation | • No Longer a Slave to Sin |
| • Chosen and Appointed | • Strong in Christ | • Sanctified/Called Saint |
| • Free from Condemnation | • A Lively Stone | • Victorious |
| • Healed | • Authorized to Fight | • Seated in Heavenly Places |
| • Redeemed and Forgiven | • Baptized in Christ/Dead to Sin | • Sealed with the Holy Spirit |
| • God's Workmanship | • Protected | • One in Christ |
| • Empowered & Equipped | • Have not a Spirit of fear, but of Love, Power, and a Sound Mind | • Loved by God |
| • Branch of Christ | • Bold and Confident | |
| | • Ambassador for Christ | |

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3. Identify and Size Up the Giants (Know the Enemy)

○ ***Recognize the Enemy (World, Satan, Flesh)***

There are many giants in the land. What kinds bother you? Identify them; recognize the sort that captures you daily. Count the giants that come against you; write them down, but show your findings only to the Lord. Which ones have the most power? Which ones greet you first thing in the morning: depression, frustration, despair, self-pity, don't-care spirit? Name them. Know your enemy. The Lord told the Israelites to spy out the land; He wanted them to realize what they were up against because God knew that if the Israelites trusted Him ANYTHING COULD BE OVERCOME.

○ ***Know the Tactics of the Enemy (Ex. Fear, doubt, persecution, temptation, etc.)***

- Stay alert.
- Learn how to strategize.
- Don't be D.U.M.B. (Distracted, Unguarded, Mute, Blind)

○ ***Measure Your Giants***

Don't make decisions based on outward appearances—King Saul stood from his shoulders upward taller than any man in the Israelite army, but Saul failed God. David was just a lad. Had David put trust in physical appearances he would have never confronted the giant; but instead of measuring himself with the giant, he measured the giant to God. In that light, Goliath seemed insignificant indeed.

Many today make the mistake of measuring themselves to the giants that come against them rather than measuring the giants to the power and Word of God. Measure everything with the Word of God. The Word is your standard. So long as your vision penetrates no farther than the shadows of the giants that surround you, you will be overcome by them. Measured against the Word of God, the giants in the land become weak as water.

4. Have the Right Perspective, Focus, and Expectation

Remember that we walk by faith and not by sight.

- a. Perspective – Understand that God is bigger than any giant.
- b. Focus – Keep your eyes on the prize.
- c. Expectation – Expect God to keep his word.

5. Learn How to Tune Out the Negative Voices

6. Learn to Rely on God's Strength

Use your God-given A.R.M.O.R.

- **Armor of the Lord** – Helmet, Breastplate, Shield, Belt, Shoes, Sword
- **Remember to Pray** (includes a prayer of repentance)
- **Meditate on the word of God**
- **Obey the word of God**
- **Rest in Him**

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7. Community: Accept Help When It Is Offered (Genuine Help)

- a. Have a trustworthy friend or people you can turn to for counsel.
- b. Listen to sage, trusted advice when offered.
- c. Ask for help if you need it.
- d. Accept sincere help when offered – if it makes sense.

8. Have the Qualities of a Giant Killer (Spirit-Led and Spiritually Mature)

- | | |
|--------------------|---------------|
| a. Heart and Hands | f. Courage |
| b. Faithfulness | g. Integrity |
| c. Humility | h. Honesty |
| d. Obedience | i. Love |
| e. Discipline | j. Dedication |

9. Know What Weapons (Stones) Will Work for You

- | | |
|-------------------------|--------------------------|
| a. Stone of Vision | d. Stone of Praise |
| b. Stone of Faith | e. Stone of Perseverance |
| c. Stone of Preparation | |

10. Finish the Job

- a. Remember why the giant needs to be defeated.
- b. Ask yourself what will happen if the giant is left standing.

What Are Some of the Rewards of Defeating the Giants That We Face?

- Peace
- Joy
- Deliverance
- Freedom
- Increased Faith
- _____
- _____
- _____
- _____
- _____

Prayer:

Father, I confess that I often overlook the small things; dismiss them and even excuse them. You know that small seeds can produce towering giants if left alone. Today, please give me the courage to confront what seems minor before it becomes a big problem. Help me to be vigilant with my thoughts, my habits, my words, and my time. I do not want to nurture what will one day seek to destroy me. Instead, plant in me the seeds of righteousness, purity, and self-control. Let Your Spirit illuminate the hidden places and help me catch the foxes before they ruin the vineyard of my soul and halt my destiny. In the name of Jesus, Amen.

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~ Examples of Wins and Losses in the Case of Giants

Some giants are loud, obvious external beings or obstacles, and some giants are in the form of subtle, inner voices and struggles. Some giants are fought publicly, while others are fought within, and some are a combination.

- Moses vs the Congregation/Family
- Moses vs Himself (Calling/Ministry)
- Children of Israel vs Pharaoh
- Joshua & Caleb vs the People
- Battle of Ai (Story of Achan)
- Samson vs Philistines
- Samson vs Delilah/Himself
- Saul vs Himself
- David vs Goliath
- David vs Saul
- David vs Amnon
- David vs Absalom
- David vs the People
- David vs Himself
- Daniel vs the People/World
- Shadrach, Meshach, Abednego
- Esther vs Haman
- Story of Deborah
- Peter Walking on Water
- Abraham Leaving His Country
- Sarah vs Herself
- Samuel vs Himself (Re: Saul)
- Jonah vs God
- Paul vs Jesus
- Paul vs Barnabas
- Peter vs Himself
- Paul and Silas in Jail
- Gideon vs Himself
- Tamar vs Amnon
- Absalom vs Amnon
- Woman with the Issue
- Shunammite Woman
- The Woman of Caanan vs Silence of Jesus
- Jochebed vs the Law
- Story of the Woman of Samaria
- Jacob vs the Angel
- Jacob vs Esau (Reconciliation)
- Issac vs the People
- Abraham's Testing
- Jeremiah vs the People/Himself
- Tamar vs Herself
- Abigail vs Nabal
- Noah vs the People
- Jephthah vs Family/the People
- John the Baptist vs Herodias
- Ananias and Sapphira
- Lot vs World
- Naomi vs Life
- Ruth vs Life
- Nehemiah vs World
- Eli vs His Sons
- Hezekiah vs Life
- Story of Gideon (vs Himself)
- Aaron vs the People
- Testing of Abraham
- Elijah vs Ahab/Jezebel
- Elijah vs Himself
- Jesus vs Satan
- Jesus vs World (Persecution/Betrayal, Arrest, and Death)
- Jesus vs Himself
- Jehosophat vs Enemies
- Joseph vs Family/Tests
- Paul vs Thorn in the Flesh
- Paul vs Persecution and Trials
- Job vs Adversity
- Hannah vs Life