

Getting Healthy: Vocationally

Defeating Giants

1 Samuel 17

I. Giants I’m facing right now:

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II. David vs Goliath – lessons learned:

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III. The other “giants” David faced:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ v.12-15

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ v.8-11

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ v.28-29

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ v.32-33

IV. Defeating giants:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*“Your servant has killed both the lion and the bear… 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.”* v.36-37

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*“Then Saul dressed David in his own coat of armor… ‘I cannot go in these because I am not used to them.’ So he took them off. Then he chose five smooth stones from the stream…”* v.38-40

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*“David was greatly distressed… But David encouraged himself in the LORD his God.”* 1 Samuel 30:6 (MEV)

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*“You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty… This day the Lord will deliver you into my hands…”* v.45-46

Reflection and

Discussion Guide

Defeating Life’s Giants

Intro: How do you feel when someone casts doubt on your ability to do something? Do others have more confidence in you than you do in yourself? Or do they have less? Why? Name some “giants” you’ve faced in life in general or at work in specific? What did it feel like when you faced them? How’d the battle go?

Read: 1 Samuel 17:1-51

Discuss: 1. What does Goliath’s armor and weaponry reveal about him (v.4-7)?

2. As an Israelite, how would you view Goliath’s proposal (v.8-10)

3. What motivated David to fight Goliath (v.25-27)? What was at stake for the victor? For Israel?

4. How would you describe the sibling rivalry between David and Eliab (v.28-30)? What might be the root cause of that jealousy (see 16:6-13)?

5. How does David try to persuade Saul to let him take on Goliath (v.32-37)? Would David’s reasoning have persuaded you? Compare and contrast the attitudes of Saul and David in this situation. What do you notice?

6. Where does David find the confidence to face Goliath? What larger purpose is served by this single fight? What is the end result of David’s boldness in facing Goliath?

7. David had been anointed as King yet there was a delay in him taking the throne. How can remembering how God has helped you in the past assist you when plans are delayed?

8. Goliath berated and intimidated the Israelite army with his words. What negative voices are you listening to in your own life that are making you afraid? How can surrounding yourself with faith-filled people give you confidence in what God is calling you to do? What changes in your life do you need to make to build a strong faith in God?

9. What “Goliaths” are there in our society that stand in opposition to righteousness and goodness? What can you do about them?