

# **Facing the Giants in Your Life**

Friday Night Devotional

I Samuel 17:1-11

Speaker: Don Scott

**Purpose:** Challenge students to face the giants in their lives instead of ignoring or running from them.

**Feeling Low?** Examples of God's pattern for raising people up

## **David's Giant Problem**

A. David as an Example

B. Our Giants

## **The Battle Belongs to the Lord**

## **Offense or Defense?**

# **Overcoming Fear, Worry and Discouragement**

Saturday Morning Girl's Class

Teacher: Katie Pruett

In order to overcome anything in life, we first need to understand what we are trying to conquer.

## **Understanding Fear, Worry and Discouragement**

A. What do they look like?

1. Avoidance
2. Emotional and Mental Paralysis
3. Selfishness
4. Depression
5. Anxiety
6. Negativity
7. Biblical examples

B. Now that we understand these struggles, we can work to overcome them so that they don't negatively impact our lives.

## **Overcoming Fear, Worry and Discouragement**

A. How to overcome?

1. One thing at a time
2. Focus on things you can control
3. Put on the armor of God
4. Our purpose in life

B. Biblical examples

"Come to me, all *you* who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke *is* easy and my burden is light."

**- Matthew 11:28-30**

# Overcoming Fear, Worry and Discouragement

Saturday Morning Boy's Class

Teacher: Tony Williams

## What is worry?

- A. English word "worry" comes from the Old English *wyrgan* and Old High German *wurgen*, both meaning "to strangle, to choke."
- B. Greek word *merimnao* used in most NT references. Etymologically derived from *merizo* = "to divide;" and *nous* = "mind. Thus means "divided mind" (I Cor. 7:34).
- C. "Concern" means to "have an interest in, give attention to, be engaged by a situation, as a matter of consideration or responsibility."
- D. "Worry" is a disquieted uneasiness of mind, an anxious apprehension concerning an impending or anticipated situation; fretting about a foreboding misfortune or failure. ("Worried" and "anxious" are used as synonyms.)

## Putting These Words In What We Do:

- A. "Concern" becomes "Worry" when we fail to relate the situation that confronts us to the source of sufficiency in God.
- B. To worry is to assume a responsibility that is not necessarily ours to assume; failing to recognize that God is bigger than any problem we might have, and loves us enough to seek our highest good in the midst of every situation.
- C. Worry is a form of humanistic self-orientation that thinks, "It's up to me to take care of this situation," and is thus a form of practical atheism, acting as if there is no God to deal with the situation, or that God doesn't know or care about the situation.

## Why we "Worry"

- A. **Mayday Worriers.** Life is full of risks, and weighing risks is an important part of decision-making. But scaring ourselves by dwelling on remote or unlikely risks and anticipating the worst-case scenario in every situation is a surefire prescription for sleepless nights and anxious days. Mayday worriers

continually live as if their plane is going down and no one is responding on the radio.

- B. **Yesterday worriers.** These are the people who can't get past their mistakes of the past. They suffer from the "should of-could of-would of" syndrome – "I should have known that would happen." "I could have prepared for that better." "I would have pursued that other lead." <OR> I have let God down too many times for Him to want to help me now.
- C. **Someday worriers.** Speculation about what might happen is futile. Tomorrow belongs to God. It's completely His, with all its possibilities, burdens, perils, promise, and potential. Therefore, there's no need for us to worry about what's not even ours.
- D. **Everyday worriers.** Some people get trapped in a cycle of worry, replaying the same scenario over and over. They lie awake all night and literally worry themselves sick. For these people, worry has moved from a hobby to a full-time occupation.

#### **Four Natural Worries (Matt. 6:25-34)**

- A. **Our Food (vs. 25)** – "*... what ye shall eat, or what ye shall drink . . .*" - Food is our most basic need in life. Without food and drink our life would quickly come to an end.
- B. **Our Clothing (vs. 25)** - "*...nor yet for your body, what ye shall put on . . .*". – Clothing is a pretty basic need. It is but one step above our need for food.
- C. **Our Health (vs. 27)** – "*Which of you by taking thought can add one cubit unto his stature?*" – We might like to think that somehow we are able to control our physical being, but with each passing year we come to realize just how little control we really have over our bodies. A wise person quickly learns to accept that God designs our bodies and we must learn to accept the way he has made us. Still our health or our physical wellbeing is a great concern for many of us. Jesus says, don't fret and worry too much about your health.
- D. **Our Future (vs. 34)** – "*Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. . .*" – In our day we feel we have more and more reason to worry about our future. With the state of our economy and the financial distress we all seem to be facing there seems to be

just cause for a great deal of worry. Retirement accounts have diminished and in some cases disappeared. But our Lord says, "Don't even worry about your future."]

**How We Overcome "Worry" [By Trusting in the Lord]**

- A. For Salvation: "He who began a good work in you will carry it on to completion." (Philippians 1:6)
- B. For mercy: "The Lord's unfailing love surrounds the man who trusts in him." (Psalms 32:10)
- C. Trusting implies not knowing all the answers: "Trust in the Lord. Lean not to your own understanding. (Proverbs 3:5)
- D. Strength comes from trusting God: "Trust in the Lord forever. For the Lord is the Rock eternal." (Isaiah 26:4)
- E. All your needs are provided for in trusting him: "But my God shall supply all your needs." (Philippians 4:19)

# Overcoming Addictions

Saturday Morning Class

Teacher: Tony Turner

## What is Addiction?

- A. Worldly definition- A state characterized by compulsive engagement in rewarding stimuli, despite adverse consequences. An unhealthy choice of using something as a coping mechanism to dealing with the pain of living.



- B. Spiritual definition- An attempt to fill a place in our heart that only God himself can fill.



## Is Addiction a Sin? (James 4:4)

### What Are Some Symptoms of Addiction?

- A. Craving
- B. Loss of control
- C. Continued use despite negative consequences

### **What Factors Help Lead To Addiction?**

- A. A disordered family
- B. Genetics
- C. Lack of self esteem
- D. Peer pressure
- E. Experimentation
- F. Cultural influence
- G. Lack of moral values
- H. Lack of spiritual values (being apart from God)

### **How Does The World Try To Treat/Solve Addiction?**

- A. Counseling
- B. 12 Steps of AA
- C. Inpatient care
- D. Use of drug therapy
- E. Absence of God centered solution

### **How Can Christians Overcome The Giant of Addiction?**

- A. Admit you are powerless over the effects of your separation from God (Romans 7:18).
- B. Believe that God can restore you (Philippians 2:13).
- C. Make a decision to turn your will and life over to God (Romans 12:1).
- D. Search yourself and make a fearless self-inventory (Lamentations 3:40).
- E. Admit to God and others the nature of your addiction (James 5:16).
- F. Humbly ask God to remove your addiction (1 John 1:9).
- G. Make amends to those you have hurt (Matthew 5:23-24).
- H. Continue to take a personal inventory (1 Corinthians 10:12).
- I. Pray humbly to God (Philippians 4:6-7).
- J. Draw nearer/submit to God (James 4:7-8, 10).

## Seek Professional Help When Necessary!

### Remember That You Are Not Alone!

- A. First, God is with you. Psalm 46:1 says that God is our refuge and strength, a very present help in trouble. Verse 7 tells how “The Lord of hosts is with us.” We need to truly understand that if God is for us, who (or what) can be against us. (Romans 8:31)
- B. Next, Jesus the son is with you. In Matthew 28:20 Jesus told the disciples. “I am with you always, even to the end of the age.” Jesus is with each of us always. Jesus will give you rest from your troubles. Jesus said “Come to me, all *you* who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke *is* easy and my burden is light.” (Matthew 11:28-30). He is always with you to lighten your burdens.
- C. The Holy Spirit is with you as well. Jesus said, “And I will pray the Father, and He will give you another Helper, that He may abide with you forever— the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you” (John 14:16).
- D. Finally, your church family is with you. Turn to them for help. They love you. Hebrews 10:25 instructs us not to forsake our assembly because we can exhort (encourage, console) one another.

# **Overcoming the World**

Saturday Morning Class

Teacher: Don Scott

## **A Growing Chasm Between the Standards of the Church and Society**

**Giants and Grasshoppers (Numbers 13:33)**

**In the World But Not of the World (John 17:14-17)**

**Love Your Enemies**

# **Overcoming Sexual Giants**

Saturday Morning Girl's Class

Teachers: Miranda Morton and Sarah Mercer

## **Create Guards**

- A. Physically (Romans 12:12-13)
  
- B. Mentally (Phil. 4:8)
  
- C. Emotionally (Prov. 4:23)

## **Focus on God** (Hebrew 12:1-3)

- A. Meditate on God's Word (Psalm 119:11)
  
- B. Pray (Matt. 7:7)
  
- C. Remove Distractions (II Tim. 2:22)

## **Accept God's Forgiveness**

- A. Mark 2:7
  
- B. 1 John 1:9

**Overcoming Sexual Giants**  
Saturday Morning Boy's Class  
Teacher: Justin Morton

**QUESTION:** Why do you think guys struggle with sexual giants in the first place?

**WHAT IS LUST?**

- A. Lust can be defined as, "an intense longing or craving," "longing desire."
- B. Lust can be used in a good way
- C. Lust can be used in a negative way (I Pet. 2:11; 1 Thess. 4:3-8).

**THE CONSEQUENCES OF A LUSTFUL HEART: IT DOES HURT TO LOOK**

- A. Lust is not of the Father but of the world (I Jn. 2:15-17).
- B. Whoever looks at a woman and lust for her commits adultery in his heart (Matt. 5:27-30).
- C. Immoral or impure people will not inherit the kingdom of Christ (Eph. 5:3-7).

**LIES OFTEN USED TO JUSTIFY LUST AND INDULGENCE**

- A. A little fantasizing won't hurt me (Rom. 8:6; Rom. 13:14; Gal. 6:7-8).
- B. God won't mind a little compromise (Col. 3:5-6; Eph. 5:3; 2 Tim. 2:22).
- C. It's my body; I can do with it what I want to (I Cor. 6:18-20).
- D. I can't control my desires (I Cor. 10:13).
- E. There are no consequences for indulging in my lust (Rom. 14:12).

**HELP ME! WINNING THE WAR OVER YOUR SEXUAL GIANTS**

- A. Guard your heart (Prov.4:23).
- B. Find out when and where you are the weakest and then take action.
- C. Make a Covenant with your eyes (Job 31:1; Psa. 101:2-4).
- D. Set up the proper parameters.
- E. Find an accountability partner.
- F. Pray and have others pray about it (Jam. 5:16).

**God's desire is for us to be pure in heart (Matt. 5:8).**

# **Overcoming Family Obstacles**

Saturday Morning Class

Speaker: Gregg Woodall

## **We All Have Past and/or Present Family Obstacles in our Lives.**

- A. What are some obstacles that families can have?
  
- B. Who caused those obstacles?

## **Did People Serving God ever have to Deal with Family Struggles?**

- A. Old Testament examples
  
- B. New Testament examples

## **Are there some Scriptures to Help us Deal with Family Issues?**

- A. My baseline verse
  
- B. Other helpful verses

## **What I am Today has been Greatly Influenced by Family Obstacles that were Overcome**

- A. My family obstacles overcome
  
- B. Sherrye's family obstacles overcome

# **Focusing on God and Not Your Giants**

Saturday Night Devotional

Text: I Samuel 17:31-48

Speaker: Justin Morton

**Sticky Statement:** When we focus on our giants instead of our God, we fail to see how big of a giant our God is.

**QUESTION:** Have you ever had the odds stacked against you?

**The SECRET:** Don't focus on your giants; focus on your God.

- A. Focusing on the giants only makes them look even more overwhelming
- B. When we focus on what a giant our God is, our giants lose their luster.

## **David had a Confident Faith that Others Lacked (vs. 31-37)**

- A. Saul lacked faith in himself. All of Israel was afraid of this giant (vs. 11, 16).
- B. Saul lacked faith in David. He told David he couldn't go out and fight against the Philistine.
- C. Saul lacked faith in God.
- D. David had faith because he remembered some of his past victories against other giants.

## **David took the Action Others Neglected (v. 38-48)**

- A. David ran out to meet Goliath because He wasn't focused on the giant; he focused on God.
- B. God is big enough, God is strong enough and God is ready to help you overcome those giants!

C. God is our refuge and strength, an ever-present help in trouble.” (Psalm 46:1-3; 10).

**What giant are you facing right now that you need God to help you conquer? Pray for God to help you and give you strength and then know that through God you will be victorious.**

# **Overcoming Your Giants**

Sunday Morning Devotional

Text: I Samuel 17:48-58

Speaker: Gregg Woodall

**Review the Text** (1 Samuel 17: 48-58)

## **Observations about this event**

- A. Normal focus
  
- B. Uncommon observations

## **Was this David's Last Brush with Giants?**

- A. Goliath's family
  
- B. David's family

**God will take Care of You!**