



## **GROUP ICE BREAKER**

Who in our society today do we consider to be courageous and why?

## **REVIEW LAST WEEK'S NEXT STEPS**

What, if any, next step did you commit to last week, how did it go?

- I will freely express my heart, with no shame or embarrassment.
- I will allow God to shape a deep and reflective heart in me.
- I will commit to reading through the Psalms this year.
- I will love the people in my life with a loyal heart like David.
- I will extend grace and love to difficult people.

## **THIS WEEK'S SERMON RECAP**

God gave David the courage to face his giant, Goliath. There is a real illusion people believe that when you face your Goliath moment in life- that you can just develop courage out of the blue. That simply is not the case. There are four ways that we can develop courage. The first one is this: develop courage in everyday challenges. All those years that David was on his own guarding sheep, he was building courage. You can read "God is faithful" in a hundred books, but you will only come to believe it deep down in your heart when you test it out in your life. Another thing we learn from David about developing courage is this: develop courage in the face of criticism. When we shrink back before our giants, it eats away at our self-respect. You can choose to give up and lose heart, or you can say "this is what I think God is calling me to do as best I can discern it." The next way we can develop courage is by being authentic. Don't try to be someone else. God just loves it when people follow him with enough courage to withstand the pressure that this world puts on us. Which leads us to the fourth way to develop courage, in the great crisis moments of your life. Whatever giant you face today, it is nothing that the God of Israel can't handle.

## **DISCUSSION QUESTIONS**

1. What is one giant you are facing in your life, internally or externally?
2. Read 1 Samuel 17:37. Discuss the difference between God's faithfulness over our own sufficiency.
3. How do you handle or respond to criticism?



## **DISCUSSION QUESTIONS (CONT)**

4. Matt said in the message that “when we shrink back from our giants, it eats away at our self respect.” In what ways have you experienced this yourself or seen this in others? How were you, or the other person, able to build back your self-esteem?
5. Read 1 Samuel 17:38-40 and 2 Corinthians 10:3-4. What do we learn from these passages about preparing to face our giants? How does this build courage to confront what’s in front of us?
6. Read Joshua 1:7-9. What do we learn about the source of courage from this verses?
7. How has facing your giants given you an understanding of God’s faithfulness?
8. What do we demonstrate to those around us when we find courage and stand up to our giants in God’s strength?

## **NEXT STEPS FOR THIS WEEK (COMMIT TO GROW)**

Use these as a guide to take your next step and commit to what you learned this week:

- I will develop courage by starting with the everyday challenges.
- I will face the giants in my life with confidence in God.
- I will not allow criticism to influence me.
- I will be true t myself.
- I will not give in to the pressure to conform.

## **SCRIPTURE REFERENCES**

- 1 Samuel 17