



# FACE YOUR GIANTS

DEALING WITH THE THINGS  
THAT HOLD YOU BACK

## SESSION TWO: LESSON THREE

WATCH THE MESSAGE AND FILL IN THE BLANKS

### INTRODUCTION:

We were created to move \_\_\_\_\_, walk on \_\_\_\_\_, and defeat \_\_\_\_\_ in Jesus' name. But sometimes, the mountains don't \_\_\_\_\_ like they move, the water feels too \_\_\_\_\_ to walk on, and some giants just seem like they never will \_\_\_\_\_.

We have giants in our lives that roar and growl and drool and are ugly and intimidating, ruthless, and relentless, and they haunt us, and they take away the life that God has for us.

A giant is anything that stands in between you and the \_\_\_\_\_ of God that feels \_\_\_\_\_ to overcome.

Someone else's giant is just as real to them as yours is to you.

Giants are things like this: anxiety, depression, mental health issues, shame, fear, insecurity, rejection, doubt, loneliness, religion, bitterness, and sickness.

***"The thief comes only to steal, and kill, and destroy; I have come that you may have life and have it to the full." John 10:10***

Giants want to kill your \_\_\_\_\_ by making you believe they'll never fall, and they want to destroy your \_\_\_\_\_ by keeping you from moving forward into the life that Jesus came to give you.

When you have a giant in one area of your life that never seems to fall, eventually, you start to expect and tolerate giants in every other area of your life.

Your giant may be big, but Jesus is \_\_\_\_\_.

***In all these things we are more than conquerors through him who loved us. Romans 8:37 NIV84***

Victory is available for every giant in our lives.

We're, basically, really creating a \_\_\_\_\_ — a guidebook, if you will — of a bunch of different lessons on how we face the giants in our lives.

## **RECAP OF SESSION ONE:**

The first lesson of Face Your Giants is just to \_\_\_\_\_ there are giants in your life.

"It's okay to struggle, it's not okay to \_\_\_\_\_ about it."

"It's okay to not be okay. It's just not okay to \_\_\_\_\_ that way."

The second lesson is just to \_\_\_\_\_ who you are.

You're not defined by the giants you \_\_\_\_\_, but by the God that you \_\_\_\_\_.

## **LESSON NUMBER THREE: KNOW THAT YOUR GIANT HAS ALREADY BEEN DEFEATED**

Out of all of those Israelites, David was the only one who believed Goliath was defeated before the battle even started.

David knew that no giant could stand in between them and what God had said is \_\_\_\_\_ theirs. He knew it wasn't a battle. He knew it was already a \_\_\_\_\_ because no giant can stand against the promises of God.

***Jesus said, "It is finished." John 19:30***

Jesus defeated sin, death, and the grave. He defeated the \_\_\_\_\_ of the giants.

Giants are now nothing more than \_\_\_\_\_ wielding the weapon of intimidation.

***But thanks be to God! He gives us the victory through our Lord Jesus Christ. 1 Corinthians 15:57***

Victory is a gift God has already given to you.

***"All authority in heaven on earth has been given to me." Matthew 28:18***

Because Jesus has all authority, my giant has \_\_\_\_\_ authority over my life.

***I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy. Luke 10:19***

Victory isn't something you have to go get; victory is something Jesus has already \_\_\_\_\_ to us.

Your giant has already been defeated, but he still \_\_\_\_\_. He still roars and growls and intimidates.

Just because the storm is howling in your life doesn't mean it has \_\_\_\_\_ over your life.

***No weapon formed against you shall prosper, and every tongue which rises against you in judgment You shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from Me," says the Lord. Isaiah 54:17 NKJV***

Every time the giant roars, you have the authority to silence him and remind him he's already been defeated.

It's like a snake whose head has been cut off, but there's still \_\_\_\_\_ in his fangs, and he still \_\_\_\_\_ for a while.

***He will crush your head, and you will strike his heel. Genesis 3:15***

The kingdom of God is the rule and \_\_\_\_\_ of God (Matthew 6:10). It's where things are submitted and surrendered to the lordship of Jesus.

Here's what you have to understand about the kingdom of God: the kingdom of God has come, but there's \_\_\_\_\_ of it to come.

We advance the kingdom of God, knowing it's \_\_\_\_\_, and we enforce the victory that Jesus has already won.

Here's where we get caught: we either get \_\_\_\_\_ by God, or we make \_\_\_\_\_ for God.

We stop believing that God is good and that everything is possible.

We live in the tension; we live like the kingdom is \_\_\_\_\_, but we also understand it is not fully \_\_\_\_\_.

We have to have an eternal perspective. We have got to have faith that more of the kingdom of God is \_\_\_\_\_ in these days.

There is a huge difference between fact and truth. Fact is what you can \_\_\_\_\_; truth is what God has \_\_\_\_\_.

Fact is there are giants in your life. Truth is they've already been \_\_\_\_\_ in Jesus' name.

***Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus, every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord. Philippians 2:9-11***

I love our theology. I love what we believe about Jesus and how we're focusing on that.

The story of David and Goliath is not about you. You're not David. Jesus is David. You are the \_\_\_\_\_ army, that every day wakes up and can't defeat its giant and turns around and runs away.

Jesus, the good shepherd, showed up when no one else could defeat Goliath. Jesus, the good shepherd, went into the valley of the shadow of death on our behalf.

Jesus wanted us to see that Satan has been fully defeated and that cutting off his head means he has no more voice of \_\_\_\_\_ in your life.

Jesus defeated Goliath, so we are not enslaved to giants; giants are enslaved to us.

***For the battle is the Lord's, and he will give all of you into our hands. 1 Samuel 17:47***

That's why this series is not called, " \_\_\_\_\_ Your Giants"; it's called, "Face Your Giants". Why? Because Jesus has already fought your giant for you; Jesus has already defeated them.

Look at Jesus because He \_\_\_\_\_ the law, because He \_\_\_\_\_ on your behalf, because He took back the \_\_\_\_\_ we gave to the powers of darkness and \_\_\_\_\_ the king of the giants.

***For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – not by works. Ephesians 2:8-9***

If grace was enough to take down the kind of giants, why isn't grace enough to take care of your giant?

***So David triumphed over the Philistine with a sling and a stone. 1 Samuel 17:50***

Jesus triumphed over the kingdom of giants, Satan, sin, death, fear, shame, anxiety, depression, loneliness, and addiction, with what? With a \_\_\_\_\_ and an \_\_\_\_\_ .

We triumph over our giants with the cross and an empty tomb.

Your homework for this week is: when your giant roars, say out loud, calling him by name, "you've already been defeated!".

## **REFLECTION QUESTIONS**

- What giant have you been struggling with lately that is holding you back from moving forward? Can you just picture your giant in your mind? Now, take a good look at him, and say these words out loud: "You've already been defeated in Jesus' name."
- When you have a giant in one area of your life that never seems to fall, eventually, you start to expect and tolerate giants in every other area of your life. Where have you seen this play out in your life?
- There is a huge difference between fact and truth. Fact is what you can see, truth is what God has said. Review these examples of the difference between fact and truth, then write your own:
  - Fact is you're sick. Truth is by His stripes you have already been healed.
  - Fact is you've got anxiety. Truth is He's given you His peace.
  - Fact is you're depressed. Truth is He's filled your heart with hope.
  - Fact is you're lonely. Truth is He has never left you nor forsaken you.
  - Fact is \_\_\_\_\_. Truth is \_\_\_\_\_ .
  - Fact is \_\_\_\_\_. Truth is \_\_\_\_\_ .

## **ASK, LISTEN, RESPOND**

Take some time right now to ask God what He wants to say to you.

Spend a moment listening to His voice.

Write down how you are going to respond to God's invitation.

## **MY NEXT STEP IS:**