



FACE YOUR GIANTS

DEALING WITH THE THINGS
THAT HOLD YOU BACK

SESSION THREE: LESSON FOUR

WATCH THE MESSAGE AND FILL IN THE BLANKS

INTRODUCTION:

We've been talking about dealing with the things that _____ back: things that overwhelm us, things that oppress us, things that intimidate us, things that keep us from the fullness of the life that God has for us.

We said a giant is simply anything that _____ in between you and the promises of God that feels _____ to overcome.

The promises of God are everything that now _____ to you through the finished work of Jesus.

Giants can be things like control, responsibility, performance, bitterness, or religion.

God's Word exposes truth, and truth is designed to set us _____.

What we're doing in this series is talking about the real stuff of life.

I think there are two reasons we don't like to talk about giants: one is _____, and the other is that a lot of us believe Jesus is _____. We're trying to find _____ solutions for spiritual problems.

Confession is the beginning of healing. When we start getting _____ and humble ourselves, we start finding the breakthrough that we're craving.

If Jesus isn't at the center of your plan to deal with your giant, you will never find _____.

The very fact that there's a giant in your life is a good thing. Why? It's a good thing because it's an opportunity for _____.

Dear friends, don't be surprised at the fiery trials you are going through, as if something strange were happening to you. 1 Peter 4:12 NLT

You're moving forward, you're _____, and you're increasing, and giants are going to show up along the way.

Your life is littered with fallen giants. Sometimes, we've got to look back to have the faith to move forward.

No, in all these things we are more than conquerors through him who loved us. Romans 8:37

There is victory available through Jesus.

In this series, we're building a manifesto, a guidebook, of lessons on how to face the giants in our lives. We're looking at Old Testament stories where they fought physical giants to teach us how to fight the spiritual giants of our lives.

LESSON NUMBER FOUR: DISCOVER AND HOLD ON TO THE PROMISES OF GOD

In other words, _____ yourself with the Word of God. If you don't get this lesson, you won't find victory from the giants in your life.

Every giant killer in the Bible loved the Word of God. Moses, Joshua, David, Jesus, the disciples, the people in our church who find victory over their giants in their lives.

Think of David.

Lord, strengthen my inner being by the promises of your word. Psalm 119:116 TPT

Or Joshua.

Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Joshua 1:8

If you want to _____ and _____ over the giants in your life, you've got to arm yourself with the Word of God.

We treat this as _____, as optional; it doesn't fit in our busy lives (John 8:32).

There are a lot of things we think God has promised us that He hasn't, and there are a lot of things that God has promised us that we are _____ of.

Lord, you have assigned me my portion and my cup; you have made my lot secure. The boundary lines have fallen for me in pleasant places. Psalm 16:5-6

A lot of us live these really small lives because we don't realize the _____ and the _____ of what God has offered us.

Giants are empowered through _____ agreement.

When you believed the liar (Satan), you let that liar define your current reality.

One whisper from God can _____ a thousand giants roaring.

Take the sword of the spirit, which is the word of God. Ephesians 6:17

What I love about the sword is that it does two things: it _____ and it _____ .

For the word of God is living and active sharper than any double-edged sword. Hebrews 4:12

God's word is alive; it's active and has the power to take down the giants in your life.

I think we come to battle _____. We show up to a gun fight with a knife.

You can't hold on to what you have yet to discover. And what I want you to understand is that I can show you the sword, and I can teach you about the sword, but at some point in time, you are going to have to pick up the sword if you want to face your giants.

Every Scripture has been written by the Holy Spirit, the breath of God. It will empower you by its instruction and correction, giving you the strength to take the right direction and lead you deeper into the path of godliness. Then you will be God's servant, fully mature and perfectly prepared to fulfill any assignment God gives you. 2 Timothy 3:16-17 TPT

At some point, if you are serious about facing your giant, you're going to have to discover and hold on to the promises of God for _____.

The Word of God is living and active, not the communicator's words.

We've lost the ability to focus. We've lost the ability to think. We've lost the ability to _____ and receive the content, the truth of God, and take it in.

If Jesus needed the Word of God to face His giant, how much more do you (Matthew 4:4)?

You can't say, "it is written" if you don't know what it _____. Facing your giant without the Word of God is like saying you want to lose weight without working out.

When those giants show up and start roaring lies, you've got to be able to knock down the lie and hold on to truth.

When anxiety starts roaring all these lies at you...

"Peace I leave you, my peace I give you." John 14:27

When depression shows up and starts roaring all these lies about how bad life is...

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13

When rejection shows up and starts telling you that nobody wants you...

Never will I leave you; never will I forsake you. Hebrews 13:5

When fear shows up...

So do not fear, for I am with you; do not be dismayed, for I am your God. Isaiah 41:10

When shame shows up...

Therefore, there is now no condemnation for those who are in Christ Jesus. Romans 8:1

Lies cannot stand in the face of truth.

"Then you will know the truth, and the truth will set you free." John 8:32

I'm convinced that lots of us aren't _____ because we don't know the truth.

Giants keep winning in our lives not because Jesus isn't doing something, but because we're not picking up the sword that He has already given to us.

My people are destroyed from lack of knowledge. Hosea 4:6

It's really hard to experience the promises of God when you don't know what they are.

If you want to kill giants, you can hang out with every _____ that there ever was.

I think we like the Word of God; I don't think we _____ the Word of God (see also Psalm 119: 97, 102, 105, and 165 TPT).

My passion and delight is in your word, for I love what you say to me! Psalm 119:47 TPT

I want to love His Word. I want you to love His Word. I want us to love His Word.

David killed Goliath in like five minutes, but he spent years studying the Word of God before that.

Maybe, if we spent more time preparing, we'd spend less time on the _____ .

REFLECTION QUESTIONS

- As you're learning to face your giants, are you agreeing more with the whisper of God or the roar of your giants?
- For the past several years, Valley Creek has published a daily Scripture reading plan. It typically involves reading a chapter a day. Have you followed this plan to engage the Scriptures? If yes, what have been your results? If not, what is holding you back? (Remember: every chapter you read puts another sword in your arsenal to face giants.)

- This week, identify one of the giants listed below that you may be facing, and whatever that is, before you go to bed, read that Scripture. As you're lying in bed at night, let that be the thing you meditate on. Turn it over in your mind as you fall asleep so when you wake up in the morning, you won't feel defeated because you're now armed for battle:

FACING MY GIANTS

ANXIETY John 14:27	FEAR Isaiah 41:10	LONELINESS Hebrews 13:5
DEPRESSION Romans 15:13	SHAME Romans 8:1	SICKNESS Palm 147:3
INSECURITY 1 John 3:1	DOUBT Hebrews 12:2	ADDICTION Galatians 5:1

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: