



MY VOCATIONAL HEALTH

“Facing Giants in
Life & Work”

1 Samuel 17:1-52

March 3, 2024

I. LESSONS FROM DAVID FACING GOLIATH

II. THE OTHER ‘GIANTS’ DAVID HAD TO FACE

1. **DELAY:** His Dad held him back

“Now David was the youngest of Jesse’s eight sons... His three older brothers enlisted in Saul’s army... but David was held back to care for the sheep in Bethlehem.” (Vs. 12-15)

2. **DISCOURAGEMENT:** Everyone was afraid

“Each day Goliath would stand and shout at the ranks of Israel’s army, ‘Why do you come out here and line up for battle?... Choose one man to fight me. If he’s able to kill me, we will become your subjects; but if I kill him, you’ll become our subjects and serve us.’ Day after day Goliath taunted them saying ‘This day I defy the ranks of Israel!’ When Saul & the Israelites heard this, everyone was deeply shaken and paralyzed with fear.” (Vs. 8-11)

“For forty days, twice a day, morning and evening, the Philistine giant loudly berated the Israelite army.” (Vs. 16)

“As David talked with his brothers on the front line, he saw Goliath start shouting his usual threats to Israel’s army. When the army heard Goliath, they all ran away in terror.” (Vs. 23-24)

3. **DISAPPROVAL:** His brothers questioned his motives

“David asked, ‘What’s the reward for killing this Philistine and ending this disgraceful abuse?’... When David’s older brother heard this he burned with anger at David and said ‘Why are YOU even here

anyway? Why aren't you taking care of your scrawny little flock of sheep? You cocky little brat. I know how conceited you are!' 'Now what have I done?' said David. 'Can't I even ask a question?'" (Vs. 28-29)

4. DOUBT: The expert doubted his ability

"'Don't worry about a thing,' David told the King, 'I'll fight this Philistine!' 'Don't be ridiculous!' Saul replied. 'There's no way YOU can go against this Philistine! You're only a boy, and he's been a professional warrior all his life!'" (Vs. 32-33)

HOW TO DEFEAT GIANTS

1. Remember, God helped me in the past

"In protecting my sheep, I've killed both a lion and a bear... The Lord who delivered me from the teeth of that lion, and the claws of that bear, will surely now deliver me from this Philistine too!" (Vs. 36-37)

2. Use the tools God has given me now

"Then Saul dressed David in his own armor... But David said, 'I cannot go out in these, because I'm not used to them.' So he took them off... Instead he chose 5 smooth stones for his sling." (Vs. 38-40)

3. Ignore the dream busters

"... When others were speaking against him, David encouraged himself in the Lord." 1 Samuel 30:6

4. Expect God to help me for His glory

"David shouted to Goliath 'You come at me with sword, spear, and javelin, but I come to you in the name of the Lord Almighty!...Today the Lord will conquer you... and the whole world will know that there is a God! And everyone will know that the Lord doesn't need weapons to rescue his people. It is his battle, not ours. The Lord will give you to us!'" (Vs. 45-47)

RESPONSE QUESTIONS:

1. When God gives you a dream, there is always a delay. Share a dream fulfilled only after a lengthy wait. What did God teach you while you waited on him to make your dream happen? How can remembering how God helped you in the past assist you when dream fulfillment is delayed?
2. What negative voices are you listening to in your own life that makes you afraid? How can surrounding yourself with people filled with faith help conquer those dream-busters? What changes do you need to make in your life to build a stronger faith in God?
3. Has the Lord given you a dream that you are confident God has given you? How do you think you might maintain your confidence in the face of disapproval of siblings, other family members or trusted friends?
4. How can you discern when the dream you have is from God, and the tools you have are the right ones? How can you trust God and relax in fulfilling what God has called you to do?
5. Why is it so important for us to always remember that God will help us when our motive is to glorify Him?