

WITH A SLING *AND A STONE*

unit 11 | session 1



CHRIST CONNECTION

Our most impossible battle is the one against sin and death. We are powerless to defeat them, but Jesus Christ defeated sin when He sacrificed Himself on the cross. He defeated death when He was resurrected from the grave. All believers share in Christ's victory by calling on Him for salvation through confession and repentance.

FIGHTING FEAR WITH FAITH

This week, we're covering the passages and main points below. But we encourage you to dig in and read all of the content on this timeline.

1 Samuel 17:1—1 Samuel 17:58

SOMETIMES OUR BATTLES SEEM IMPOSSIBLE

1 SAMUEL 17:4-5,10-11

4 And there came out from the camp of the Philistines a champion named Goliath of Gath, whose height was six cubits and a span. 5 He had a helmet of bronze on his head, and he was armed with a coat of mail, and the weight of the coat was five thousand shekels of bronze. . . . 10 And the Philistine said, "I defy the ranks of Israel this day. Give me a man, that we may fight together." 11 When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.

GOD PREPARES US FOR THE IMPOSSIBLE

1 SAMUEL 17:32-40,45-50

32 And David said to Saul, "Let no man's heart fail because of him. Your servant will go and fight with this Philistine." 33 And Saul said to David, "You are not able to go against this Philistine to fight with him, for you are but a youth, and he has been a man of war from his youth." 34 But David said to Saul, "Your servant used to keep sheep for his father. And when there came a lion, or a bear, and took a lamb from the flock, 35 I went after him and struck him and delivered it out of his mouth. And if he arose against me, I caught him by his beard and struck him and killed him. 36 Your servant has struck down both lions and bears, and this uncircumcised Philistine shall be like one of them, for he has defied the armies of the living God." 37 And David said, "The LORD who delivered me from the paw of the lion and from the paw of the bear will deliver me from the hand of this Philistine." And Saul said to David, "Go, and the LORD be with you!" 38 Then Saul clothed David with his armor. He put a helmet of bronze on his head and clothed him with a coat of mail, 39 and David strapped his sword over his armor. And he tried in vain to go, for he had not tested them. Then David said to Saul, "I cannot go with these, for I have not tested them." So David put them off. 40 Then he took his staff in his hand and chose five smooth stones from the brook and put them in his shepherd's pouch. His sling was in his hand, and he approached the Philistine. . . . 45 Then David said to the Philistine, "You come to me with a sword and with a spear and with a javelin, but I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied. 46 This day the LORD will deliver you into my hand, and I will strike you down and cut off your head. And I will give the dead bodies of the host of the Philistines this day to the birds of the air and to the wild beasts of the earth, that all the earth may know that there is a God in Israel, 47 and that all this assembly may know that the LORD saves not with sword and spear. For the battle is the LORD's, and he will give you into our hand." 48 When the Philistine arose and came and drew near to meet David, David ran quickly toward the battle line to meet the Philistine. 49 And David put his hand in his bag and took out a stone and slung it and struck the Philistine on his forehead. The stone sank into his forehead, and he fell on his face to the ground. 50 So David prevailed over the Philistine with a sling and with a stone, and struck the Philistine and killed him.

MAIN POINT.

We can trust God with our impossible circumstances.



THEOLOGY CONNECTION

WORK OF THE HOLY SPIRIT

The Spirit empowers and indwells believers, intercedes on their behalf, and equips them with special gifts for the service of God's kingdom.

DISCUSSION

SOMETIMES OUR BATTLES SEEM IMPOSSIBLE

1 SAMUEL 17:4-5,10-11

- Why were Saul and his army so afraid of the Philistines?
- ♥ • How do you think God wants us to respond to our fears?
- ✝ • When have you felt like you were facing an impossible battle? Why can it be difficult to trust God in these times?

GOD PREPARES US FOR THE IMPOSSIBLE

1 SAMUEL 17:32-40,45-50

- 📖 • What did David list as evidence for God being with him? How did it affect David's faith in battle?
- 🧠 • How should knowing God is with us change the way we fight our battles? Why does it often not change anything?
- Notice David's actions in verses 38-40. How are they important? How do they point to Christ?



HOW WOULD IT CHANGE THE WAY YOU HANDLE FEAR AND FIGHT YOUR BATTLES IF YOUR MOTIVE WAS FOR OTHERS TO KNOW GOD?

CULTURAL CONNECTION

What are we supposed to do with our fear? And is feeling afraid a sin? Here's the truth: fear is our body's natural, built-in response to a threat. Our bodies are designed to alert us to harm. Fear is actually meant to protect us from danger. So, the fact that we experience fear isn't sinful. What we do with that feeling determines if we're walking by faith and trusting the Lord. When we face battles, we may rightfully feel afraid. Over and over in Scripture, God commanded His people not to fear—not to be afraid. The command was almost always partnered with a reminder that God is with them. So, He instructed them on what to do with the fear; He told them to cast it aside. He reminded them of His nearness—of the truth that He was aware of their circumstances and fighting for them. When fear threatens to shut us down, we must remind ourselves of what is true: God is near. He is faithful. He hasn't forgotten us. He is fighting for us.



DAY ONE

2 CORINTHIANS 10:3-6



Stories of war make up much of human history. We learn about many of them in our history classes. Nations have battled over land and power and sometimes, over just causes. There is a time and place to fight—to take a stand. As believers, we’re called to fight our battles differently; we’re called to use different weapons.

This passage reminds us that our battle isn’t against other people. We have a real enemy: Satan. But if we are going to battle against him successfully, then we can’t depend on the weapons of this world. For instance, if someone gossips about you, you may be tempted to view that person as your enemy; you may want to fight back by slandering them too. These verses show us that fighting back with the weapon of gossip—or any worldly weapon—is useless. This passage commands us to take captive every single thought we have, to hold it prisoner until God shows us if it needs to be released. This means we surrender our will to the Lord and fight back with the weapons He gives us: the fruits of the Spirit, the Word, the armor of God (Eph. 6:10-17). When we feel hurt by the world, we might be tempted to fight back against it using the world’s weapons, but when we do so, we’re fighting the wrong enemy. Our true enemy is Satan and the powers of darkness (Eph. 6:12). Waging war against anyone else is a distraction.

- **WHAT DOES IT MEAN TO TAKE EVERY THOUGHT CAPTIVE (V. 5)?
WHAT THOUGHTS DO YOU NEED TO TAKE CAPTIVE?**
- **WHY WOULD SATAN WANT TO DISTRACT US INTO THINKING
OTHER PEOPLE ARE OUR ENEMIES?**

PRAY

**GOD, HELP ME TO REMEMBER WHO THE REAL ENEMY
IS AND NOT TO GET DISTRACTED BY HIS SCHEMES.
THANK YOU FOR GIVING ME ALL I NEED TO FIGHT
AGAINST DARKNESS AND EVIL.**



DAY TWO

EPHESIANS 6:10-18

Yesterday, we read about our real enemy—Satan. We learned that we're not to fight against the enemy with worldly weapons, but if we're honest, it can be hard to know how to fight. It can feel like we're in the middle of a battlefield with no protection, but this isn't true at all. We are certainly in the middle of a battle; spiritual warfare is happening all around us. The real enemy came to steal, kill, and destroy (John 10:10). But we aren't empty-handed—not even close.

Here's the thing: the same power that raised Jesus from the dead lives inside of us as believers (Rom. 8:11). Sometimes we fail to remember this, and sometimes we fail to live as if it's true. We walk around as if we're powerless against sin and temptation. The same power that raised Jesus lives in you! When He feels distant, it's likely because we're not doing what it takes to walk intimately with Christ: we're not spending time in prayer, reading the Word, or worshiping. To walk by the Spirit, we have to keep in step with Him (Gal. 5:25); we have to nurture our relationship with Him. Next, God supplies us with armor, which we read about in today's passage. We're encouraged to put on every piece to protect ourselves from Satan's attacks, but we're also encouraged to pick up our true weapon—the sword of the Spirit, God's Word. We're often tempted to fight with worldly ideas or with logic, but these things will fail us. When we know God's Word, we can detect the enemy's lies. We can know God's truth and walk in it. We can discern how God wants us to live, and when the enemy tries to distract us, we recognize his lies. Fighting a battle without God's Word is impossible; it's our only offensive weapon. To use it, we must pick it up daily, and we must hide it in our hearts.

- **WHEN HAVE YOU FELT EMPTY-HANDED IN FIGHTING AGAINST SIN, TEMPTATION, OR DARKNESS? WHAT DOES THIS PASSAGE HELP YOU UNDERSTAND?**
- **ASSESS HOW YOU'RE FIGHTING: ARE YOU DEPENDING ON THE WORD AS YOUR WEAPON OR ON SOMETHING ELSE? EXPLAIN.**

PRAY

GOD, THANK YOU FOR GIVING ME WHAT I NEED TO DO BATTLE AGAINST SIN, TEMPTATION, AND DARKNESS. HELP ME TO DEPEND ON YOUR WORD AS MY WEAPON INSTEAD OF THINGS THAT WILL ALWAYS FAIL ME IN BATTLE.



DAY THREE

ISAIAH 8:11-13

Herd mentality is a phenomenon says that people tend to follow the crowd instead of operating as individuals, much like a herd of animals. People will go along with the groups' beliefs, behaviors, and attitudes instead of going against them. Think about what you see each day in school, at work, or in extracurricular activities. You'll probably recognize how common it is to simply go with the crowd instead of against it. It's the easier path because we blend in and avoid being singled out from others. Sadly, this desire to be like everyone else often motivates us more than a desire to be a light in the darkness. We'd rather be like everyone else than be singled out for our beliefs, so we go along with the profanity everyone uses; we linger around gossip; we attend parties we know we shouldn't attend. We blend in with the herd—with the world.

In this passage, the prophet Isaiah spoke to God's people about a coming invasion. One day soon, Assyria would invade Judah, and this the people great fear. This fear could drive them to make impulsive decisions which were against God's commands. They feared Assyria more than they feared the Lord. Isaiah expressed God's warning, basically saying: "Don't go the same way as the people." In other words, don't fear what they fear. Fear has a similar effect on us, doesn't it? We fear what the world fears: we fear not fitting in or being made fun of for our faith. Isaiah's words hold truth for us too: "Don't fear what they fear; don't walk the same way as the world; fear the Lord." When we fear God, we hold Him in the highest respect. We desire to live the way He has commanded us to live. And this often means not walking the same direction as the world.

- **IN WHAT AREAS OF YOUR LIFE ARE YOU CONCERNED WITH BLENDING IN?**
- **WHAT KEEPS YOU FROM GOING ANOTHER WAY? WHAT DO YOU FEAR?**

PRAY

LORD, I CONFESS THAT SOMETIMES I FEAR WHAT THE WORLD FEARS. I GET CONSUMED WITH FITTING IN AND BEING LIKE EVERYONE ELSE. HELP ME TO WALK YOUR WAY EVEN WHEN IT'S DIFFERENT FROM THE WAY OTHERS WALK.



DAY FOUR

ROMANS 8:26-27

What does it mean to have someone's back? Well, that simply means you're there for someone else. It means you would do everything you could to help this person. Think about the people in your life who have your back. No matter what you face, you know these people will be there with you. They would defend you in a room where others might talk about you. They're always on your side. They give you advice when you need it. If you have people like this, then you're blessed. If you don't have people like this, then you may feel like you're sometimes fighting alone. You may feel like no one really knows you. Paul explains in this passage that believers never fight alone and that God knows us fully.

As believers, we know the Spirit of God lives within us. This means His presence is with us wherever we go, guiding us and giving us wisdom and comfort. But God's Spirit living within us means so much more. His Spirit searches us and knows our deepest needs and longings. When we are weak and don't know what to pray, the Spirit speaks to God the Father on our behalf. The Holy Spirit intercedes for us, expressing our deepest needs to God when we can't express them on our own. We can take great comfort in this truth, especially when we feel like we're fighting alone. Maybe you need that reminder now. Maybe you feel like no one has your back. The Spirit of the living God is with you, helping you fight your battles and working on your behalf. You're fully known by Him.

- **WHEN HAVE YOU FELT LIKE YOU WERE WALKING ALONE? WHAT HAPPENED?**
- **HOW DOES THIS PASSAGE COMFORT YOU?**

PRAY

GOD, I THANK YOU THAT I'M NEVER ALONE. THANK YOU FOR SENDING YOUR SPIRIT TO LIVE WITHIN ME TO GUIDE ME, COMFORT ME, AND INTERCEDE ON MY BEHALF WHEN I DON'T KNOW HOW TO PRAY.



DAY FIVE

EXODUS 14:14

This week, we learned about how David defeated Goliath with just a sling a stone. He was incredibly disadvantaged in battle. David wasn't a warrior; he was a simple shepherd. But when he surrendered to the Lord, David was so much more than he could've been on his own. David knew the Lord was with him because he could trace God's work in his life. Looking back at God's faithfulness helped David trust the Lord in battle. He simply needed to be obedient to the Lord and let Him earn the victory.

Today's passage comes from another impossible situation involving God's people. Moses was leading God's people in deliverance from slavery in Egypt. They would soon walk through the Red Sea into freedom. But first, the enemy chased them down. They stood on the banks of the Red Sea with the Pharaoh's army approaching, seemingly trapped. Moses instructed the people not to give in to fear and to simply be still—to let the Lord fight for them. In reality, the Hebrew people couldn't defend themselves there on the river bank. Sure, maybe they could've run away into the wilderness. But the only way to fight back was to allow the Lord to fight for them in His incredible power and strength. We often need to follow in their footsteps. While we may be tempted to run away or to fight back, God often wants us to be still. He is fighting for us in ways we can't see. We can look back and trace His faithfulness, and when God asks us to be still, we can trust that He'll continue to be faithful.

- **HOW CAN YOU PRACTICE BEING STILL AND ALLOWING THE LORD TO FIGHT FOR YOU?**
- **LOOK BACK AT GOD'S FAITHFULNESS IN YOUR LIFE. HOW HAS HE FOUGHT FOR YOU IN THE PAST? HOW DOES THIS HELP YOU NOW?**

PRAY

**GOD, THANK YOU FOR BEING FAITHFUL TO ME.
WHEN YOU ASK ME TO BE STILL, I KNOW I CAN DO
SO BECAUSE YOU FIGHT FOR ME IN WAYS I CAN'T
ALWAYS SEE.**