- I. Giants
 - A. Giants are real
 - B. Anything that you feel is insurmountable
 - C. These things often overwhelm us
 - D. They cause us anxiety, panic attacks, depression, and much more
 - 1. Often, our experiences are what create these giants
 - 2. One who almost drowns now has a fear of swimming or water
 - 3. Other things are completely out of our control cancer, accidents
 - 4. Things that have happened in our past can chain us to our giants
 - 5. We feel hopeless, helpless to overcome them so we build walls to defend ourselves
 - E. What do we do when faced with an impossible decision?
 - F. How do we break the chains of our past?

II. Goliath

- A. 1 Samuel 17:1–7 (ESV); ¹ Now the Philistines gathered their armies for battle. And they were gathered at Soccer, which belongs to Judah, and encamped between Socoh and Azekah, in Ephes-dammim. ² And Saul and the men of Israel were gathered, and encamped in the Valley of Elah, and drew up in line of battle against the Philistines. ³ And the Philistines stood on the mountain on the one side, and Israel stood on the mountain on the other side, with a valley between them. 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. ⁶ And he had bronze armor on his legs, and a javelin of bronze slung between his shoulders. ⁷ The shaft of his spear was like a weaver's beam, and his spear's head weighed six hundred shekels of iron. And his shield-bearer went before him.
 - 1. 1 cubit is 18 inches, a span is 9 inches Goliath was 9 feet 9 inches tall
 - 2. 1 shekel is 11 grams 55,000 grams is about 126 pounds
 - 3. A weaver's beam is about 2 1/2 3 inches thick
 - 4. 600 shekels of iron is about 16 pounds
 - 5. "This passage presents the longest description of military attire in the Old Testament. Goliath's physical stature, armor, weaponry, and shield bearer must have made him appear invincible." 1
 - 6. Israel (Saul) had a giant to overcome

III. Saul

- A. 1 Samuel 17:8–11 (ESV); ⁸ He stood and shouted to the ranks of Israel, "Why have you come out to draw up for battle? Am I not a Philistine, and are you not servants of Saul? Choose a man for yourselves, and let him come down to me. ⁹ If he is able to fight with me and kill me, then we will be your servants. But if I prevail against him and kill him, then you shall be our servants and serve us." 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.
- B. 1 Samuel 17:24 (ESV); All the men of Israel, when they saw the man, fled from him and were much afraid.
- C. Saul's reaction was fear
 - 1. And often that is our reaction we fear what we do not understand, and what we cannot overcome on our own

¹ Robert D. Bergen, 1, 2 Samuel, vol. 7, The New American Commentary (Nashville: Broadman & Holman Publishers, 1996), 190.

- 2. When we are thrust into a situation full of tragedy, illness, hate, etc. we become fearful of what might happen
- 3. We tend to 'circle the wagons' get into a defensive posture that would increase our chance of survival
- 4. Anyone would think that is a smart move but as Christians we don't rely on our own strength to win our battles
- 5. 2 Corinthians 12:8–10 (ESV); ⁸ Three times I pleaded with the Lord about this, that it should leave me. ⁹ But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. ¹⁰ For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

IV. David

- A. 1 Samuel 17:26 (ESV); And David said to the men who stood by him, "What shall be done for the man who kills this Philistine and takes away the reproach from Israel? For who is this uncircumcised Philistine, that he should defy the armies of the living God?"
- B. David is described as a youth compared to Goliath who had been "a man of war from his youth" (verse 33)
 - 1. "Jesse had 8 sons (1 Sam 18:12). The oldest 3 were 20 years old and older according to Numbers 1:3.
 - 2. At the youngest, the 3 oldest sons would have been 22, 21, and 20 (unless they were triplets and all 20 years old). The 4th oldest son didn't serve in the army, which means at the oldest, he would have to be 19.
 - 3. That leaves the 5 sons who didn't join the military to be 19, 18, 17, 16, and 15 assuming that David's mother had 1 son a year.
 - 4. It's also a possibility that David had elder twin brothers, which would potentially make him older than 15." ²
 - 5. Notice how David uses his past experiences to calm Saul's fears
 - 6. 1 Samuel 17:32–36 (ESV); 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."
 - 7. Make no mistake, David is not relying on his past to judge his ability to defeat Goliath
 - 8. David uses God's strength "he has defied the armies of the living God"
 - 9. 1 Samuel 17:37 (ESV); 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!"
- C. Saul was entrenched in his own strength (or lack of it) while David relied on the strength of God

V. Every Giant Will Fall

- A. You can slay every single one of your giants! every, single, one.
- B. When we allow God to break the chains of our past then we can face and overcome our giants

² "How Old Was David When He Killed Goliath." Answers, Answers Corporation, 21 Jan. 2014, www.answers.com/Q/How_old_was_David_when_he_killed_Goliath.

- C. When we allow God to tear down the walls we have built to protect us and rely on His protection then we can truly overcome our Giants

 D. We must rely on the power and strength of God, not our own
- E. Mark 10:25–27 (ESV); ²⁵ It is easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God." ²⁶ And they were exceedingly astonished, and said to him, "Then who can be saved?" ²⁷ Jesus looked at them and said, "With man it is impossible, but not with God. For all things are possible with God."