

**TRANSFORMED PART 7: VOCATIONAL HEALTH
FACING GIANTS IN LIFE & WORK**
(LESSONS FROM DAVID FACING GOLIATH)

1 SAMUEL 17:1-52

“Now the Philistines had gathered their forces for war... They occupied one hill and the Israelites another, with the valley between them. A champion named Goliath, from Gath, came out of the Philistine camp. He was a giant of a man, over nine feet tall, wearing a huge bronze helmet, and a coat of bronze armor that weighed over 125 pounds. He also wore bronze leggings, and slung a huge bronze javelin over his back. The iron spearhead alone weighed 15 pounds, and a soldier with a large shield always walked in front of Goliath.” (vs. 1-7)

THE OTHER ‘GIANTS’ DAVID HAD TO FACE

1. DELAY: No Dream is fulfilled instantly. 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 and 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: We want everyone to like us! 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: Am I capable and up to this task? 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 how God has 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 dreambusters!

“ ... When others were speaking against him, David encouraged himself in the Lord.”
1 Sam. 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)