

# FACE IT!

## Explicit Movement

**NOTE: Please feel free to edit, add to, and come up with your own creative elements and ideas!**

## TITLE OF LESSON: Facing Your Giants

### OBJECTIVES:

- 1) Students should understand at the end of this lesson that there are 2 types of giants that people face: Public and Private. If they want to live a successful life, they will learn how to face both giants head on.
- 2) Students should feel excitement about the possibility of finding freedom from their giants. They should also feel comfort knowing that they are not alone, even King David faced giants.
- 3) Students should let their youth pastor or group leader know about the giants that they are facing especially if they want to conquer these giants. The leader and student can come up with an action plan moving forward.

### BIBLE TRUTH FOCUS (Scripture):

1 Samuel 17

2 Samuel 11

### OPENER ACTIVITY OPTIONS:

Play a game of Heads UP! You can break it into teams to compete against one another. Allow the kids to get creative with their team names. After each team has been given a chance to play you can use this as a catalyst for the discussion below.

**THE POINT: Sometimes in our lives we face giants that others can see and sometimes we face giants that only we can see.**

### LEADER'S TALK POINTS (step by step lesson):

**Do you have any bad habits you can't seem to break?**

My grandmother smoked for as long as I can remember, there were a few times where I remember talking to her about quitting and she'd just say, "Hita (Spanish term of endearment meaning daughter), I've tried." This was a giant that she spent a lifetime trying to conquer.

I also had a friend who was habitually cussing, he would use the "F Bomb" as an adjective for just about every sentence. I asked him if he noticed and he was like, "to be honest, I don't even realize I say it so much." This giant was something that he was completely desensitized to.

You see the when it comes to GIANTS, we all have them in our lives. Whether we are aware of them or completely oblivious doesn't negate the fact that they are there and they are REAL.

If you're familiar with the bible, you might have heard about the biblical character David. It's been said that David was a man after God's own heart. In fact, David was anointed as King of Israel at the tender age of 8 according to most scholars (1 Samuel 16:12-13). In the very next chapter 1 Samuel 17, David faces his first REAL GIANT. The story of David's bravery and how he defeated this giant with 3 smooth stones has been heard across Sunday school and children's church classrooms for thousands of years. This was an epic time in David's life and a victory that can be celebrated for generations (crowd cheering: RAWR)!

### **Did you know that David faced 2 giants in his lifetime?**

**GOLIATH:** The 1st Giant was ugly, it was huge, it was hairy, it was an uncircumcised Philistine, and it caused ALL of King Saul's army to tremble in fear. It went by the name Goliath.

**LUST:** The 2nd Giant he faced, certainly didn't look like the first one, and I would imagine that it wasn't as hairy as the first one but let me tell you, this giant was just as real as the first one. The second Giant that David faced was sneaky, hidden, and only came around in vulnerable moments. It went by the name Bathsheba.

As you read in 2 Samuel 11, kings normally go out to war in the spring but for some reason David decided to stay back. We are uncertain of why David chose not to go out to war, but one thing we know for sure is this decision opened up a can of worms in David's life and revealed the giant he struggled to defeat. As the story goes, David noticed a beautiful woman, Bathsheba bathing and ends up sleeping with her. Bathsheba's husband is off at war, where David should have been also and she discovers that she is pregnant. In an effort to cover up his mistake, David calls in her husband, Uriah from war, hoping that he'll sleep with her and then no one will question her pregnancy. When Uriah refuses to sleep with her because he is honoring the soldiers at war, David plots to kill him and covers it up with lies. Because of David's inability to defeat this giant, he not only dishonored the Lord but brought about judgment upon himself and his household.

### **Are your battles public or private?**

The battle that David faced with Goliath was public it was known throughout Israel. The battle that David faced with lust wasn't as obvious because it was internal, it was private. No one except David knew about this Giant. The thing about lust is it can disguise itself in pretty packages and present itself to us in moments of vulnerability or weakness when our guard is down. It can seem like a good idea at the time but when acted upon can leave you scarred and wounded for a lifetime. It can create a massive distance between us and God.

I often wonder what the story would have looked like if David had gone to war. If he had chosen not only to fight the physical battle he was running from but if he had chosen to fight the spiritual battles that no one saw, I believe this story would have a different ending. In fact, I believe that the Lord wants a different ending for you and I. He wants us not only to win the public battles but He wants us to win the private battles as well. He doesn't only want us to defeat the physical giants in our lives but the spiritual giants as well. He wants us to DEFEAT our GIANTS once in for all!

The good news is that these giants can be defeated. David's words to Goliath can be spoken to our giants also, *"Today the Lord will conquer you...and the whole world will know that there is a God..."* (1 Samuel 17:46 NLT)

## GROUP DISCUSSION QUESTIONS:

1. What are the giants in YOUR life?
2. Do you have things in your life that you've tried to conquer only to come up empty handed?
3. What is your plan to conquer YOUR giants?

## PRAYER POINTS:

**Individual prayer option:** Allow for students to get into teams of two (preferably girls with girls and boys with boys) and pray for one another to conquer their giants.

**Group prayer option:** Pray something like this with your group... "Lord Jesus, I know that you have a plan for my life that is much bigger than any Giant I can ever face. I know that there are things you wanna do in me and through me to communicate your love to a world that desperately needs you. I pray that you would reveal to me the giants in my own life that are blocking me from my full potential. I pray that you would allow me to face these giants and defeat them with your strength. I ask that you would break down any stronghold in my life that is keeping me from living the abundant life you promise to us through scripture. I repent for allowing these giants to control my decisions. I do not want to cover them up like David did or run from them but I want to conquer them so the whole world will know that there is a God, in Jesus name, amen."

## OPTIONAL FOLLOW UP ACTIVITIES: