

EXPLICIT

M O V E M E N T

Pre-Conference Lesson 1: FACE IT! FACING YOUR GIANTS

OBJECTIVES

What do you want the youth to KNOW?

- They are two type of giants they will face in life – public and private.
- Understand ways that God sees them.

What do you want the youth to FEEL?

Excitement and hope that God is able to give them victory over their giants.

What do you want the youth to DO?

Identify at least one or two giants that they want to overcome with God's help and with the support of their brothers and sisters in Christ.

MATERIALS

- Scripture Verse Handouts for Follow up (can make 2-sided copies)
- Materials needed for game, Heads Up in Opener Activity.

BIBLE TRUTH FOCUS

1 Samuel 17

2 Samuel 11

OPENER ACTIVITY

Play a game of Heads Up *On YouTube, you can search "Ellen's New Game, 'Head's Up!" to see how to play. You can use the app or create your own 'cards' or 'mini posters' of names of people the youth need to guess.

Use this game as a catalyst for the lesson.

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

- 1) Ask, "Do you have any bad habits you can't seem to break?"

Here are some examples – (you can make the stories from your own life or use these topics as springboards):

- Share about someone you know who tried to quit smoking.
 - Share about someone you know who habitually cusses – often times people who use F-bombs a lot or cuss, don't even realize how often they say it!
- 2) Share that when it comes to GIANTS, we all have them in our lives. Whether we are aware of them or completely oblivious, it doesn't negate the fact that they are there, and they are REAL!
 - 3) Discuss that the bible is full of people with giants they had to face. Share that although David was a man after God's own heart, and though he was anointed to be king at around 8 years old according to most scholars (1 Samuel 16:12-13), David faced a REAL GIANT named Goliath. The story of David's bravery and how he defeated this giant with 3 smooth stones has been heard in children's Sunday School classes for decades! This was an epic time in David's life!

This was a very **PUBLIC** giant in David's life.

- 4) Ask, "Did you know that David faced at least 2 giants in his lifetime? This second GIANT I am referring to a private, hidden giant.

This first giant was ugly, it was huge, hairy and an uncircumcised Philistine. This giant caused ALL of King Saul's army to tremble in fear. This giant's name was GOLIATH.

The second GIANT he faced certainly didn't look like the first one but it was just as real. The second giant he faced was sneaky, hidden, and only came around in vulnerable moments. This giant's name was LUST.

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. 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 on the rooftop and ends up sleeping with her. Bathsheba's husband is off at war where David should have been. She later discovers she is pregnant from this one-night stand. In an effort to cover this up, David call in her husband, Uriah from war, hoping that he will sleep his wife and then no one would 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.

- 5) Ask, "Are your battles private or public?"

The battle with Goliath was public and known throughout Israel. The battle that David faced with lust was not as obvious because it was internal and 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 the Lord.

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 giants as well. He wants us to DEFEAT GIANTS once in for all.

- 6) The good news is that 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..." (Samuel 17:46, NLT)
- 7) Discuss the power of sharing your giant with a trusted friend, pastor, leader, or your small group. Share that there is power in being vulnerable in a safe environment where we commit to confidentiality (explain briefly your guidelines on this). Share the vision that you want this church family to be a place where we honor each other and create a safe place where we can share our burdens and struggles without receiving any judgement, but receive love, understanding, and compassion. Share the following verses:

(James 5:16, The Message) "Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with."

(James 5:16, TPT) "Confess and acknowledge how you have offended one another and then pray for one another to be instantly healed, for tremendous power is released through the passionate, heartfelt prayer^{ca} of a godly believer!"

GROUP DISCUSSION QUESTIONS

What are the giants in *your* life? Public ones? Private ones that you feel safe enough to share about?

Do you have things in your life that you have tried to conquer, only to come up empty handed? Explain.

What is a plan you can come up with to conquer your giants?

PRAYER POINTS

Have the youth pray in partners or small groups for one another regarding their giants, praying for God's strength, courage to overcome their giants. Pray also for courage to ask for help if needed.

FOLLOW UP

Encourage the youth that if they have identified an internal giant within their life, to take time this coming week to confide their struggle, if they have not yet, with a trusted friend or leader who will commit to not only pray for them, but help keep them accountable, walking with them to victory.

Have them identify that safe, trusted person in their life.

Have the youth take home the scripture sheet as a reference for meditation throughout the week.

Encourage them to journal their personal reflections each day.

FACE IT! FACE THOSE GIANTS

Monday | (I Corinthians 10:13, TPT) “We all experience times of testing, which is normal for every human being. But God will be faithful to you. He will screen and filter the severity, nature, and timing of every test or trial you face so that you can bear it. And each test is an opportunity to trust him more, for along with every trial God has provided for you a way of escape that will bring you out of it victoriously.

Tuesday | (Psalm 103:8-12, TPT)

“Lord, you’re so kind and tenderhearted
to those who don’t deserve it
and so patient with people who fail you!
Your love is like a flooding river
overflowing its banks with kindness
You don’t look at us only to find our faults
just so that you can hold a grudge against us.
You may discipline us for our many sins,
but never as much as we really deserve.
Nor do you get even with us for what we’ve done.
Higher than the highest heavens—
that’s how high your tender mercy extends!
Greater than the grandeur of heaven above
is the greatness of your loyal love, towering over all
who fear you and bow down before you!
Farther than from a sunrise to a sunset—
that’s how far you’ve removed our guilt from us.”

Wednesday | (Philippians 4:13, TPT) “I know what it means to lack, and I know what it means to experience overwhelming abundance. For I’m trained in the secret of overcoming all things, whether in fullness or in hunger. And I find that the strength of Christ’s explosive power infuses me to conquer every difficulty.”

Thursday | (Ephesians 6:13-18, TPT) “Because of this, you must wear all the armor that God provides so you’re protected as you confront the slanderer, for you are destined for all things and will rise victorious. Put on truth as a belt to strengthen you to stand in triumph. Put on holiness as the protective armor that covers your heart. Stand on your feet alert, then you’ll always be ready to share the blessings of peace. In every battle, take faith as your wrap-around shield, for it is able to extinguish the blazing arrows coming at you from the Evil One! Embrace the power of salvation’s full deliverance, like a helmet *to protect your thoughts from lies*. And take the mighty razor-sharp Spirit-sword of the spoken Word of God. Pray passionately in the Spirit, as you constantly intercede with every form of prayer at all times...”

Friday | (2 Corinthians 12:9-10, TPT) “But he answered me, **“My grace is always more than enough for you, and my power finds its full expression through your weakness.”** So I will celebrate my weaknesses, for when I’m weak I sense more deeply the mighty power of Christ living in me. So I’m *not defeated* by my weakness, but delighted! For when I feel my weakness and endure mistreatment—when I’m surrounded with troubles on every side and face persecution *because of my love* for Christ—I am made yet stronger. For my weakness becomes a portal to God’s power.

Saturday | (Psalm 34:17-18, TPT)

“Yet when holy lovers of God cry out
to him with all their hearts,
the Lord will hear them and come to rescue them
from all their troubles.

The Lord is close to all whose hearts are crushed by pain,
and he is always ready to restore the repentant one.