



Dr. Mike Lovato, Executive Pastor  
July 10, 2022

## The Result of a Healthy Heart

How to Fight a Giant

1 Samuel 17:21-51 (CSB)

### 1. Recognize we all face \_\_\_\_\_ . vv 21-24

Israel and the Philistines lined up in battle formation facing each other. <sup>22</sup> David left his supplies in the care of the quartermaster and ran to the battle line. When he arrived, he asked his brothers how they were. <sup>23</sup> While he was speaking with them, suddenly the champion named Goliath, the Philistine from Gath, came forward from the Philistine battle line and shouted his usual words, which David heard. <sup>24</sup> When all the Israelite men saw Goliath, they retreated from him terrified.

### 2. Be \_\_\_\_\_ to step up and face the giant. vv 32-33

David said to Saul, "Don't let anyone be discouraged by him; your servant will go and fight this Philistine!" <sup>33</sup> But Saul replied, "You can't go fight this Philistine. You're just a youth, and he's been a warrior since he was young."

### 3. Focus on God's past \_\_\_\_\_ in your life. vv 34-37

David answered Saul, "Your servant has been tending his father's sheep. Whenever a lion or a bear came and carried off a lamb from the flock, <sup>35</sup> I went after it, struck it down, and rescued the lamb from its mouth. If it reared up against me, I would grab it by its fur, strike it down, and kill it. <sup>36</sup> Your servant has killed lions and bears; this uncircumcised Philistine will be like one of them, for he has defied the armies of the living God." <sup>37</sup> Then David said, "The LORD who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine." Saul said to David, "Go, and may the LORD be with you."

### 4. Choose the right \_\_\_\_\_ for your fight. vv 38-40

Then Saul had his own military clothes put on David. He put a bronze helmet on David's head and had him put on armor.

<sup>39</sup> David strapped his sword on over the military clothes and tried to walk, but he was not used to them. "I can't walk in these," David

said to Saul, "I'm not used to them." So David took them off. <sup>40</sup> Instead, he took his staff in his hand and chose five smooth stones from the wadi and put them in the pouch, in his shepherd's bag. Then, with his sling in his hand, he approached the Philistine.

### 5. Know that the battle belongs to the \_\_\_\_\_. vv 41-47

The Philistine came closer and closer to David, with the shield-bearer in front of him. <sup>42</sup> When the Philistine looked and saw David, he despised him because he was just a youth, healthy and handsome. <sup>43</sup> He said to David, "Am I a dog that you come against me with sticks?" Then he cursed David by his gods. <sup>44</sup> "Come here," the Philistine called to David, "and I'll give your flesh to the birds of the sky and the wild beasts!"

David said to the Philistine, "You come against me with a sword, spear, and javelin, but I come against you in the name of the LORD of Armies, the God of the ranks of Israel—you have defied him. <sup>46</sup> Today, the LORD will hand you over to me. Today, I'll strike you down, remove your head, and give the corpses of the Philistine camp to the birds of the sky and the wild creatures of the earth. Then all the world will know that Israel has a God, <sup>47</sup> and this whole assembly will know that it is not by sword or by spear that the LORD saves, for the battle is the LORD's. He will hand you over to us."

Zechariah 4:6 (CSB)

So he answered me, "This is the word of the LORD to Zerubbabel: 'Not by strength or by might, but by my Spirit,' says the LORD of Armies.

### 6. \_\_\_\_\_ with God's work in defeating the giant. vv 48-51

When the Philistine started forward to attack him, David ran quickly to the battle line to meet the Philistine. <sup>49</sup> David put his hand in the bag, took out a stone, slung it, and hit the Philistine on his forehead. The stone sank into his forehead, and he fell facedown to the ground. <sup>50</sup> David defeated the Philistine with a sling and a stone. David overpowered the Philistine and killed him without having a sword. <sup>51</sup> David ran and stood over him. He grabbed the Philistine's sword, pulled it from its sheath, and used it to kill him. Then he cut off his head. When the Philistines saw that their hero was dead, they fled.

**BOTTOM LINE:**

**Your God is bigger than your biggest giant.**