



## Facing Giants in Life and Work

Transformed Week 7 – Vocational Health

Our ability to dream is a God-given gift. It makes us different than the animals. We are made in God's image with the ability to see the past (memory) and imagine the future (dreaming.) Are you dreaming or drifting?

### How do you face the giants in your life and work?

**1 Samuel 17:1-11 (NIV)** *Now the Philistines gathered their forces for war and assembled at Sokoh in Judah. They pitched camp at Ephes Dammim, between Sokoh and Azekah.<sup>2</sup> Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines.<sup>3</sup> The Philistines occupied one hill and the Israelites another, with the valley between them.<sup>4</sup> A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span.<sup>5</sup> He had a bronze helmet on his head and wore a coat of scale armor of bronze weighing five thousand shekels;<sup>6</sup> on his legs he wore bronze greaves, and a bronze javelin was slung on his back.<sup>7</sup> His spear shaft was like a weaver's rod, and its iron point weighed six hundred shekels. His shield bearer went ahead of him.<sup>8</sup> Goliath stood and shouted to the ranks of Israel, "Why do you come out and line up for battle? Am I not a Philistine, and are you not the servants of Saul? Choose a man and have him come down to me.<sup>9</sup> If he is able to fight and kill me, we will become your subjects; but if I overcame him and kill him, you will become our subjects and serve us."<sup>10</sup> Then the Philistine said, "This day I defy the armies of Israel! Give me a man and let us fight each other."<sup>11</sup> On hearing the Philistine's words, Saul and all the Israelites were dismayed and terrified.*

David had to fight four other giants before he got to Goliath.

### Giants of the Mind

Mind Giant #1 – DELAY

Mind Giant #2 – DISCOURAGEMENT

Mind Giant #3 – DISAPPROVAL

Mind Giant #4 – DOUBT

How did David defeat these mind giants? What did he focus on to accomplish this and many more victories? – To be continued..

### Additional Notes:

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### scriptures that relate

Monday: Proverbs 16:3

Wednesday: Proverbs 3:5-6

Friday: Proverbs 15:22

Tuesday: Deuteronomy 31:8a

Thursday: Proverbs 26:7

Saturday: James 1:23

### small groups—talk it over

1. What does it look like for you to live for the glory of God in your workplace?
2. Think of one person you know who could use some encouragement in their work this week. What can you do to help them?
3. How can you be Christ's ambassador in your workplace?
4. How many of the things that are frustrating you at work right now would be no big deal if you chose to see God as your boss?

### pastor mark's prayer requests

**Monday:** Pray that we would be a light of God's love in our workplace.

**Tuesday:** Pray for our country and its leaders and our state and local representatives.

**Wednesday:** Pray for our children and students at The Crossing Church.

**Thursday:** Pray for your neighbors and be sure to love them!

**Friday:** Pray for the students away at college, for those feeling homesick, and semester testing.

**Saturday:** Pray for our church family that we make a difference in our surrounding community.