

**BIG IDEA:** The giants in your life are big, but Jesus is bigger.

## SUMMARY

A giant is anything that stands in between you and the promises of God that feels impossible to overcome. Our giants are real, but they aren't our friends. If Jesus came to be a conqueror, we should never be okay allowing giants in our lives. We come from a long line of conquerors (**Romans 8:37**). Jesus calls us to face the giants in our world so we can find freedom from the giants in our minds.

## KEY POINTS:

### YOUR GIANTS MAY BE BIG, BUT JESUS IS BIGGER (Luke 18:27)

"The Old Testament is physical pictures of spiritual truths that teach us how to face the giants in our lives."

"You have to have more faith in Jesus than in the giant you are facing."

"You're not just going to survive; you're going to thrive in Jesus' name." (**Romans 8:37**)

*Where are you more focused on the giant in your life than on Jesus?*

## LESSON #1: ADMIT THERE ARE GIANTS IN YOUR LIFE

"You can't defeat what you won't define."

"It's okay to struggle, it's not okay to lie about it."

"Bring your giant out of the darkness and into the light." (**1 Peter 5:7**)

"Humility is the beginning of breakthrough." (**Psalm 34:6**)

"Don't let the giant of shame keep you from moving forward and dealing with the other giants in your life." (**Romans 8:1**)

"It's okay to not be okay, it's not okay to stay that way. Your giant is not your friend but a work of darkness." (**1 John 3:8**)

*What is the giant in your life? Have you acknowledged it so you can face it and move forward?*

## LESSON #2: REMEMBER WHO YOU ARE

"You are not defined by the giants you face but by the God you follow." (**1 Samuel 17:26**)

"You don't have to be afraid of your giant because your giant is terrified of you."

"You become what you behold."

"Stop looking at God through your giant; start looking at your giant through God."

"Jesus is not a picture of who you can be, He is a mirror of who you now are." (**1 John 4:17**)

"When you know who you are, no giant can tell you who you aren't."

*What keeps you from believing you are who Jesus says you are?*

## TAKEAWAYS:

1. Find one person in your life to confess your giant to. Bring it out of the darkness into the light and break off the giant of shame.
2. Start remembering who you are. Every day this week, say out loud, "I am a beloved son or daughter."

**SCRIPTURE REFERENCES:** John 10:10, 1 Samuel 17:16 & 24, Galatians 5:1, Numbers 13:31-33, 1 John 4:17