

**Starter Question:**

What have you marked off your quarantine list in the last week? Examples: Connect with family or a friend, clean out your closet, give yourself a haircut...?

**BIG IDEA:**

Get up again – it's time for victory!

**SUMMARY:**

In this season of uncertainty, it's important to keep our hearts healthy. Our hearts stay healthy when we process with God our grief over what's been lost and what's being revealed as distractions have been removed (**Psalm 62:8 TPT**). When we pour out our hearts to God, He is with us (**Psalm 34:18**). God wants to free us from the giants that have been holding us back from our promised future. This is a season for victory over the giants in our lives!

**1. WHAT IS A GIANT?**

A giant is anything that stands between you and the promises of God that feels impossible to overcome. There is no end to the number of giants that can exist in our lives: anxiety, shame, guilt, jealousy, anger, bitterness, control, religion. Just because our giant hasn't fallen yet, doesn't mean it won't.

**Question 1**

*What giants have fallen in your life? What giants have yet to fall?*

**2. LESSONS FOR OVERCOMING GIANTS.**

1. Admit there are giants in your life.
  2. Remember who you are.
  3. Know that your giant has already been defeated.
  4. Discover and hold onto the promises of God.
  5. Be aware that God is with you.
  6. Worship is a warrior's greatest weapon.
  7. Change your thinking and change your living.
  8. Hang out with giant killers.
  9. Get up again.
- BONUS: Deal with your giants so the next generation doesn't have to.

**Question 2**

*Which of these lessons are you holding onto and applying to your life?*

**3. IT'S TIME FOR A VICTORY.**

Other than Jesus, David was one of the greatest giant killers in the Bible. David faced all kinds of giants, and he found rest in God (**Psalm 62:1-2**). Regardless of the giants we're facing we can find rest in Jesus. We don't have to be a victim of this season; we can be victorious in this season by looking to and resting in Jesus. When we put on the armor of God, we put on Jesus (**Ephesians 6:10-17**)!

*What steps can you take to put on the armor of God and be victorious in this season?*

**Group Response**

*Take some time and pray for each other. Pray Psalm 62:1-2 for each person in your group.*