

# Goliath Must Fall

The history of the battles of Israel where ones of great success when they obeyed God but awful loses when they did not!

David's confidence did not come from his skills but was motivated by his belief in God and His promises.

What does this account of David and Goliath show us about fear?

## 1. Can fear be a good thing?

Fears can be healthy (warning signal, protective) or unhealthy (destructive). Fears may come from

- our conditioning
- things we conceal
- our desire to control

## 2. Is there a deeper root of fear?

Fear ultimately comes from not trusting God.

... because we don't know His promises

... or because we don't believe the promises of God

## 3. What can be done to conquer unhealthy fear?

Find out:

- What God has promised.
- What the purpose for our life is
- Start living every day saturated in this sense of purpose and claiming the promises God has made.

This will help our trust in God to grow.

**The fear of God is the beginning of wisdom (Proverbs 9:10)**

**Not trusting Him is the beginning of unhealthy fear.**

## 1 Peter 1:3-5 (ESV)

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused you to be born again into a living hope through the resurrection of Jesus Christ from the dead, into an inheritance that is imperishable, undefiled and unfading, kept in Heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time.

Small Group discussion:

1. The opposite of *fear* isn't *courage*, it's *faith*. What does faith in Jesus involve when we're up against the giant of fear? What do we need to believe? What do we need to do?
2. What helps us become convinced that God is bigger than our fears and has overcome whatever we fear?
3. What role to praise and worship have in dealing with fear? Why are they so important?
4. What hinders us from focussing on Christ all day long? How can we address those issues?