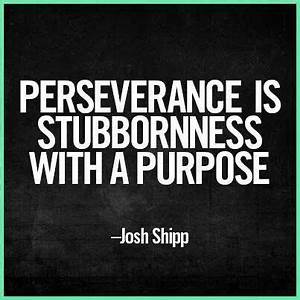
**Battle Plan Weekly**

**Week 1**

**Day 1**

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The best way I know how to start making a Giant fall is by looking at what God says.

Go to Hebrews 12: 1-2a . I am using the NIV for this.

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that hinders and the sin that so easily \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. And let us run with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the race marked out for us, 2 fixing our eyes on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the pioneer and perfecter of faith.

When you look at your Giant, how is it hindering you or entangling you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Are you prepared to persevere even when it doesn’t feel good?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why do you think it will be worth it to persevere?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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The race has already been marked out for us. If we look at the Giant, we will go in a direction that leads off track. What should we fix our eyes on? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What does the word pioneer mean to you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A pioneer is the first to develop or implement something. Jesus has already gone before you as your pioneer. You are not facing this giant alone.

He is in the business of perfecting your faith!

Pray: Lord, I know that this Giant is trying to stop me from Your best. Please help me to throw off everything that hinders me from running this race you have laid out for me. I trust you as my Pioneer and Perfecter of my faith and I am choosing to fix my eyes on You!

Plan: Write your Bible verse that will be your reminder to fix your eyes on Jesus:

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Say it out loud as often as possible. Put it on a notecard. Carry it with you.

Resolve: Decide that you will fix your eyes on Jesus and not listen to the enemy/the world/your own destructive thoughts. Say it out loud! “I fix my eyes on Jesus. My past doesn’t define me. This Giant doesn’t determine my destiny. I am running this race that the Lord laid out for me!”

Anticipate: In the past, what have you found to be one of the things that hinders you from knocking out this Giant? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What will you say or do this time to throw off that hindrance? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: Determine the time and place each day where you will spend time with God and be still for 5 minutes (at least) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answers: everything, entangles, perseverance, Jesus)

**Day 2**

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Does the thought of fighting a Giant put joy in your heart?

Probably not, but it should! We already have the guarantee we need to make that Giant fall. Read this:

Hebrews 12: 2b-3 For the \_\_\_\_\_\_\_\_\_ set before him he endured the cross, scorning its \_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow \_\_\_\_\_\_\_\_\_\_\_\_\_ and lose heart.

What does your Giant say to shame you or intimidate you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Jesus scorned that shame. Whatever it is that the Giant tries to intimidate you with, when Jesus sat down at the right hand of God it was a declaration that the fight was over. Jesus being seated means that the battle is over. Knowing that should mean that we fight from a place of victory. Our only battle now is getting our minds to believe what we already know!

What can you say to your Giant to intimidate him? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Say it! Out loud!

Pray: Lord, you took upon you everything that could ever intimidate or shame me. You won victory over it and now I am claiming it and believing it. I no longer want to be intimidated by this Giant. Give me the boldness to say what I believe and to walk around in that place of victory!

Plan: Arm yourself with something to say to the enemy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: Decide again today that you have won victory and you are just aligning yourself with the One who won! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Anticipate: What is the arrow that usually comes at you regarding intimidation? What do you revert to?

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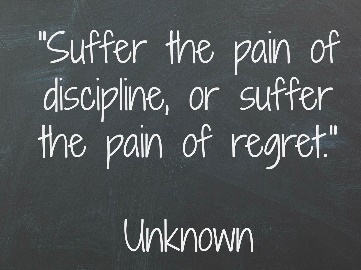
What will you be ready to fight back with? Have a verse written on a notecard and say it out loud. Suggestion: No weapon formed against me shall prosper Isaiah 54:17

Yearn: How has God spoken to you today through His Word?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(Answers: joy, shame, sat down, weary)

**Day 3**

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Today we will talk about a word that most people would consider to be something to run from!

Discipline.

Maybe it’s the growing up and knowing that discipline meant a spanking or losing a privilege. Maybe in conjures up thoughts of not getting to eat dessert or forcing yourself to go to the gym.

As I mentioned earlier, though, discipline ends up creating this beautiful freedom that we would never experience without it. You see, we will always be a slave to something. Whether we are a slave to desires that lead to destruction or bad health or you name it, or we are a slave to what God says for our protection, we are going to choose a camp. When we decide that we are going out of the borders that God set up for our protection because we just don’t have the “self-control” then we put ourselves into the enemy’s territory.

So, it’s time we embrace discipline. It just is.

Read Hebrews 12: 4-6

4 In your struggle against sin, you have not yet resisted to the point of shedding your blood. 5 And have you completely forgotten this word of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that addresses you as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ addresses his [child]? It says,

“My [child], do not make light of the Lord’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

and do not lose heart when he rebukes you,

6 because the Lord \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the one he loves,

and he chastens everyone he accepts as his [child].”

All you have to do is look at a parent who disciplines their child and how much happier and well-behaved and better adjusted that kid is to realize that discipline is a good thing. We all know of lenient parents that don’t discipline and how much harder it is to be around their child. It is no different for each of us. Out of God’s love He disciplines us and this should be encouraging to us!

Pray: Lord God, thank you for encouraging me to accept discipline as an indication of Your love for me. Thank you for taking the time to teach me how to be better disciplined so that I can follow Your plan for my life! I would rather be a slave to Your kind of freedom than a slave to our selfish desires that lead to destruction. In Jesus’ name, Amen.

Plan: As you look at the Giant that you identified, how could discipline help you to defeat him?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What specific action could you take today that would be in line with discipline? \_\_\_\_\_\_\_\_

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Resolve: Knowing that in the past discipline might have been hard for you to carry out, are you willing to decide and resolve today that you will move with discipline?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why do you think today is different than in the past?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Anticipate: For today or this week, what do you anticipate that the enemy might send your way to try to take you off the discipline track?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What is your plan to deflect that incoming arrow?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

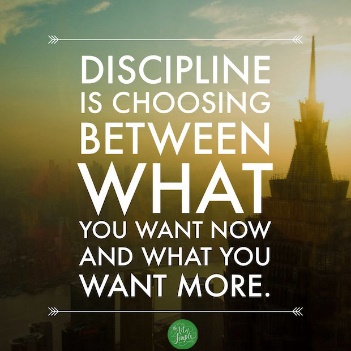
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Yearn: My soul is crushed with longing After Your ordinances at all times.-Psalm 119:20

Do you yearn like this for what God wants for you? If not, pray this out loud all day. God has a way of creating desires in us that line up with His desires. We just need to ask!

(Answers: encouragement, father, discipline, disciplines)

**Day 4**

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Discipline is going to get a lot of attention throughout this time we have together. I have found that being disciplined has taken me so much farther than hearing about it. When I got to the point where I said, “Lord, I am willing to do whatever it takes” and then actually forced myself to follow-through, I felt this forward momentum take over.

It’s like you suddenly have put the keys in the ignition and turned on the car instead of walking around holding them in your pocket wondering why you aren’t going anywhere.

Daily discipline creates new habits. The soldiers that I know don’t skip days where they decide not to make hospital corners out of the bed sheets. They don’t decide some days to get in uniform and other days to wear jeans. They don’t decide today I’m going to respect what my commander says to me and other days diss him. No, it isn’t a series of choices they make each day. It is choice they made and then they don’t question it anymore.

We make ourselves crazy by considering options all the time. We must stop with the day-to-day deciding on how we feel and whether we will follow through. The decision was made. I’m fighting this Giant and I’m doing it God’s way. It will require me ignoring my feelings, gearing up and following orders.

It will actually be easier on us when we just decide once and for all.

Read Hebrews 12: 7-11

7 Endure hardship as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; God is treating you as his children. For what children are not disciplined by their father? 8 If you are not disciplined—and everyone undergoes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—then you are not legitimate, not true sons and daughters at all. 9 Moreover, we have all had human fathers who disciplined us and we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_them for it. How much more should we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the Father of spirits and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_! 10 They disciplined us for a little while as they thought best; but God disciplines us for our \_\_\_\_\_\_\_\_\_\_\_\_\_, in order that we may share in his holiness. 11 No \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ seems pleasant at the time, but painful. Later on, however, it produces a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of righteousness and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for those who have been trained by it.

Look at that! When we accept discipline we get to look forward to a harvest! I love harvest time! All those daily seeds that we plant in discipline that we wonder about will eventually produce a harvest! But what if you decide that only 1 out of 10 days you will be disciplined to plant those seeds of discipline? How do you think harvest will look? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pray: Lord God, Thank you so much that I get to look forward to a glorious harvest because You provide it for me through teaching me discipline! Please help me to yield to what You are doing in my life. Please keep my mind focused on the daily training that You provide and then show me Your abundance at the perfect time! In Jesus’ name, Amen.

Plan: When you look at the master plan for your life, what would harvest look like for you?\_\_\_\_\_\_\_\_\_\_\_

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Keep this vision in your head as you take the daily steps of discipline.

What discipline does the Lord have on your heart today?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: Decide that discipline is going to produce that harvest and that you won’t pick and choose the days that you will be disciplined in your heart toward God. Say it in your own words: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Anticipate: Be ready for some encrypted messages to come your way when you decide to be disciplined! You will likely have moments when you have to decode these messages and realize they are just to throw you off track. For example, as soon as I decide that I didn’t want to drink wine in the evening because it threw off my focus, I would experience more jaw pain (and wine is a natural relaxant that oftentimes helps my jaw!) This confusing message seemed to say, well you just “need” the wine to deal with this pain. Once I decoded that message and realized it was just meant to confuse my Resolve, I said, “no, I pray for God’s healing in this area and the enemy needs to flee from me!” The Lord brought me through time and again when I realized what was happening. God’s words to you are real and true. Anything that deviates from that is an encrypted message meant to confuse you. Be on the alert!

What do you anticipate might come as a confusing message to throw you off your discipline?

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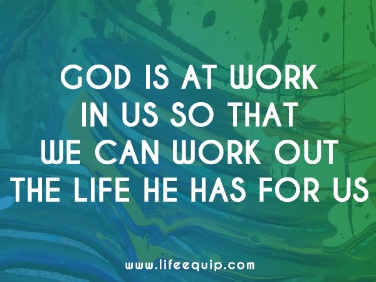
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Yearn: How can you yearn for discipline? Can you see that it is actually want you really want? \_\_\_\_\_\_

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(Answers: discipline, discipline, respected, submit, live, good, discipline, harvest, peace)

**Day 5**



Why is defeating this Giant so important to you? I mean, if you’re like me and you’ve retreated before, why do you come back out to fight? After all, maybe staying hidden away is easier? Why is it important for you?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I’ve discovered for my own life that most of my Giants have been to keep me from living the abundant life God gave me. Whether I was giving in to momentary pleasure of food or wine that crossed the boundaries laid out for me by God or it was making me feel not worthy of an abundant life or many other Giants that creep up on me, they all led me down a path that didn’t end up where I wanted to be.

For me, it is important to defeat these Giants so that I can be God’s hands and feet on earth. We were called to Action and to not just float through life. I want to be someone who wakes up with a strong purpose and to be excited by what God is doing! And, I want that so much for other people, especially all the people I encounter who have health and weight as their Giant holding them back from a crazy amazing life!

That is what keeps me moving forward, learning how to fight back and stay disciplined.

Read Hebrews 12: 12-13

12 Therefore, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your feeble arms and weak knees. 13 “Make level \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for your feet,” so that the lame may not be disabled, but rather \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

God says that we are to strengthen ourselves and to make level paths for our feet. Why? So that people can be healed and not further inhibited from His best!

Pray: Heavenly Father, I am so excited to see what You can and will do in My life! Remind me and reassure me of Your purpose for me! Help me to be excited to see how clearing the path before me and making it level will change the trajectory of my life. Work in me and through me to do Your will! In Jesus’ name, Amen.

Plan: Think about your Giant and what it has done to thwart God’s plan for your life: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When you see what the Giant has done, I hope it makes you want to Arm yourself with an Attitude of Fierceness so that you can move. What Attitude will you have toward your Giant?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: God said to strengthen ourselves and make level paths for our feet. Are you resolving to do that? How? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Anticipate: As you read in my example, I had to anticipate the arrows that the enemy was going to send my way and remind myself why I had resolved that I wanted to go God’s way and fight. What about you? What do you foresee as an arrow and how will you deflect it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: He gives strength to the weary and increases the power of the weak. Isaiah 40: 29

When we yearn for God, He gives us strength and power. How are you yearning for Him today?

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(Answers: strengthen, paths, healed)

**Days 6-7**

These will be weekly days to get caught up, review and renew your mind and to PRAY.

Please re-read Hebrews 12: 1-13.

What is one thing that jumps out at you when you read this set of verses?

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Review your past week in the areas of Plan/Resolve/Anticipate/Yearn

Did you notice a theme? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Look ahead at the week ahead on your calendar. Do you anticipate any challenges coming your way?

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Start to PRAY about them. Plan, Resolve, Anticipate and Yearn for God to show you brilliant new ways to grow during this upcoming week.

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**Week 2**

**Day 1**



This week we are looking at the most famous example of defeating a Giant: the story of David and Goliath. The events in the Bible were not just stories to pump us up or get us excited. They are meant to show us the character of God so we can rely on Him and to learn how He acts and what we should do. So, then, this is a most fitting example to apply to our lives.

Read over 1 Samuel 17 today so you get the whole story in your mind. We will break it down and apply it over this next week.

I’d like you to fill in a table based on what you read

Characteristics of David’s Giant 1 Samuel 17: 4-7 (Goliath)

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Characteristics of David (1 Samuel 17:13-14)

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Now, what are the Characteristics of your Giant?

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And, what about you? What are your characteristics when you think about yourself up against this giant? (This isn’t a trick question☺. Whether you feel confident or fearful, write it here)

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Your Giant might say all the things that trigger fear in you. The enemy knows your weaknesses and can see your patterns from the past and will always seek to remind you of them. The thing that can change all that is when you defy the enemy in the name of the Lord. That is what we are doing here. We aren’t going to be shoved into a cowering retreat just because the shouts of the enemy have succeeded before. This time we know what’s up and we are going to make some changes.

Pray: My Almighty God, I know in my heart and mind that you are all-powerful and I know that this Giant is really already defeated. Help me to see this in a new light, Your light, so that I may defend what is already mine and take the victory in Your name. Thank you for giving me new insight into what is really going on! In Jesus’ name, Amen.

Plan: When you think about the characteristics of your giant, think about it being stripped down to what it really is. Example: If food tends to be your weakness and the characteristics of this giant are: it creates fear in you because of past failures, it shames you whenever you overindulge, it calls out to you that you are weak even though just a few moments ago it was luring you in……now, see it for what it is: food that has no power over you. It doesn’t have a voice. It just sits there. You tower over it and kick it to the side. I know this might sound really odd to someone who doesn’t feel tempted to overeat or overindulge in unhealthy foods, but you can replace it with something else.

I think it’s important that we define in our minds what is really going on. Plan in your mind how you will look at that giant from here on out.

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Resolve: Resolve to see this new vision of your giant in the eyes of God: powerless, easy to knock out with the flick of a pebble. Rehearse this vision in your head so that each time it rears it’s ugly head, you might be able to smile at it and say “Who are you that you should defy me?”

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Anticipate: Be ready and alert for the giant to look powerful and looming especially when you feel weak. How can you be prepared? (Suggestion: have a Bible verse posted in sight, have a podcast ready to play that inspires you in your moment of weakness, etc.) For me, I have had this Fear of Writing Giant for too long. The characteristics are: It’s too big of a project, Too many people write and it goes nowhere, Who are you to think you can write, It is a bunch of jumbled thoughts in my head. I already know in my head and heart that God wants me to write. To actually sit down and do it is another story. I made a decision that this giant is trying to look bossy but really doesn’t have power. I resolve to see this Giant through God’s eyes: just an opportunity for His power to shine out of my weakness. I see it as a squeaky little mouse that I tell who is God. When I feel weak and don’t want to sit down and do the work, I listen to a short YouTube video on fulfilling your purpose and doing the hard thing. I am back on track and ready to go!

What can you do to anticipate when your weakness in the face of the Giant comes?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: David had a background that did not make him look much like a warrior. When you compare David to Goliath, the only difference that stands in David’s favor is …..God! And that’s all the difference he needed.

What about you? Look at the entire picture with and without God and you decide. Do you have what it takes to defeat this Giant?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(answers-you might have slightly different words- Giant: 9 feet tall, bronze helmet, coat of scale armor of bronze weighing 5,000 shekels, bronze greaves on his legs, bronze javelin on his back, spear shaft like a weaver’s rod, shield bearer; David: youngest in family, shepherd)

**Day 2**



Yesterday we looked at the characteristics of the Giant. Today let’s look at the kinds of things the Giant says. Your Giant’s characteristics might be wrapped up in the things it says and that’s just part of the whole big issue as you see it.

Let’s look at how Goliath tried to intimidate David: (vs 8-11)

8 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of Saul? Choose a man and have him come down to me. 9 If he is able to \_\_\_\_\_\_\_\_\_\_\_\_\_ and kill me, we will become your subjects; but if I overcome him and kill him, you will become our subjects and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ us.” 10 Then the Philistine said, “This day I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the armies of Israel! Give me a man and let us fight each other.” 11 On hearing the Philistine’s words, Saul and all the Israelites were \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

What does your Giant say to intimidate you?

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Did you notice how long this Giant had come out to keep on terrifying the people? (vs 16) \_\_\_\_\_\_\_\_\_\_\_\_

How long has your Giant been trying to terrify you?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Let’s look at what David did after being sent on an errand by his father. David was not sent to the battleground to do anything besides check on his brothers and report back to dad. No one put any stock in him as a warrior.

20 Early in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ David left the flock in the care of a shepherd, loaded up and set out, as Jesse had directed. He reached the camp as the army was going out to its battle positions, shouting the war cry. 21 Israel and the Philistines were drawing up their lines facing each other. 22 David left his things with the keeper of supplies, \_\_\_\_\_\_\_\_\_\_\_\_ to the \_\_\_\_\_\_\_\_\_\_\_\_\_ lines and asked his brothers how they were. 23 As he was talking with them, Goliath, the Philistine champion from Gath, stepped out from his lines and shouted his usual defiance, and David heard it. 24 Whenever the Israelites saw the man, they all fled from him in great fear.

Did you notice that “early in the morning” part? I am convinced that beginning our day with the Lord is critical to this fight.

Then, in verse 22, even though he heard the battle cry and knew what was going on, he “ran to the battle lines.” Do we approach this battle with that kind of confidence? I think we have to run with assurance. It looks like none of the other Israelites knew what David knew! God was going to use the most unlikely person to do His work. That is exactly what He loves to do! And, He wants to do the same with you!

Pray: Strong God, Help me to seek you in the morning to be fresh and ready to run up against this Giant in my life! I know that the things this Giant has said to me are not Your truth. I believe that You can and will use me to bring glory to You and I cannot wait to see how You do it! Thank you for being so amazing! In Jesus’ name, Amen

Plan: How can you plan your day so that your morning starts off with the assurance that God is in charge of your day and the demolishing of your giant? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: Decide that it is important to spend this morning time, whatever it is, devoted to God. Resolve to set up your day so that you can have this time, whether that means going to bed earlier or preparing more things the day before so your morning is less hectic. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Anticipate: Anticipate that things are going to try to compete for that time. Just when you make a decision to do this, just know that you will have opposition. Smile and tell that enemy to go back to where he belongs. You aren’t falling for it this time! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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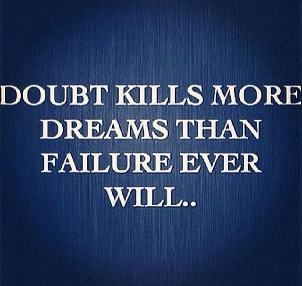
Yearn: In the morning, O LORD, hear my voice. In the morning I lay my needs in front of you, and I wait. – Psalm 5:3. Yearn for Him in the morning and wait. He has done marvelous things and your trust in Him will be rewarded.

In 1 Samuel 17:25 we see that the one who defeats the Giant will receive great rewards. Do you see any reward for your Action in knocking down this Giant in your life?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(Answers: servants, fight, serve, defy, dismayed, terrified, morning, ran, battle)

**Day 3**



When those around you don’t believe in you or don’t believe you can conquer this Giant, what do you do? Maybe it’s not those around you that don’t believe…..maybe it’s you, yourself and you! ☺

David had the same trouble. 1 Samuel 17:28-

28 When Eliab, David’s oldest brother, heard him speaking with the men, he burned with \_\_\_\_\_\_\_\_\_\_\_\_\_ at him and asked, “Why have you come down here? And with whom did you leave those few sheep in the wilderness? I know how conceited you are and how wicked your heart is; you came down only to watch the battle.”

29 “Now what have I done?” said David. “Can’t I even speak?” 30 He then \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ to someone else and brought up the same matter, and the men answered him as before. 31 What David said was overheard and reported to Saul, and Saul sent for him.

32 David said to Saul, “Let no one lose heart on account of this Philistine; your servant will go and \_\_\_\_\_\_\_\_\_\_\_\_\_ him.”

33 Saul replied, “You are \_\_\_\_\_\_ \_\_\_\_\_\_\_\_ to go out against this Philistine and fight him; you are \_\_\_\_\_\_\_\_\_\_\_ a young man, and he has been a warrior from his youth.”

34 But David said to Saul, “Your servant has been keeping his father’s sheep. When a lion or a bear came and carried off a sheep from the flock, 35 I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it. 36 Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_. 37 The \_\_\_\_\_\_\_\_\_\_ who \_\_\_\_\_\_\_\_\_\_\_\_\_\_ me from the paw of the lion and the paw of the bear will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ me from the hand of this Philistine.”

Saul said to David, “Go, and the Lord be with you.”

What kinds of things do you hear people say to you or do you say to yourself that are meant to stir up doubt?

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David “turned away” from the doubters. He just moved right on to the next step and didn’t spend a bunch of time debating the doubters. He relied on his past history with God as an indication for this present battle that he faced.

Let’s apply that now to us!

Pray: Oh, God! How awesome you are to have rescued me so many times in the past. I recognize that it was You who did this. I recall the times that I didn’t see any solution and yet, there You were! Let me see Your solution now so that this would become a thing of my past. Let me turn away from all doubters, including myself! I will not entertain those doubts any longer. In Jesus’ name, Amen.

Plan: Knowing the doubts that you hear, what is your ammunition to fight against it? For me, I say out loud “No weapon formed against me shall prosper.” And “that is who I was. But, I am washed, I am sanctified, I am justified by the blood of Jesus.” “I am a new creation.”

What will you say to doubt?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: Knowing what you know of your past and how God has rescued you before, can you resolve to trust Him for this? Jot down a brief memory or 2 of how God has rescued you in the past: \_\_\_\_\_\_\_\_\_\_

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Anticipate: I know now that I will always have moments that doubt will creep in. I’m human and it’s going to happen. The difference now is that I don’t entertain the thoughts anymore. How can you “turn away” from the doubts that will eventually creep in at times? I try to say “I cast this thought to Jesus and make it obey Him!”

What will you say? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yearn: Psalm 18:16-19

He sent from on high, He took me; He drew me out of many waters. He delivered me from my strong enemy, And from those who hated me, for they were too mighty for me. They confronted me in the day of my calamity, But the LORD was my stay

How is your yearning coming along? ☺ Have you made it a habit to seek Him in the morning?\_\_\_\_\_\_\_\_\_

(Answers: anger, turned away, fight, not able, only, living God, Lord, rescued, rescue)

**Day 4**



Do you even realize how God has already planned wonderful things for your life?

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

Is it any surprise that your enemy, your Giant, would be trying to stand in your way?

Sometimes we get caught up in how prosperous or wonderful someone else’s life is. Or, maybe we think that the way they are doing things in their life is how we should be doing things in our life. This is not to say we shouldn’t learn from other people.

Even David tried on Saul’s armor to see how it would work out for him! But, after trying it on, he realized that God was going to handle this a different way. He was unable to move about and do his purpose wearing someone else’s stuff.

Read 1 Samuel 17: 38-40

38 Then Saul dressed David in his own tunic. He put a coat of armor on him and a bronze helmet on his head. 39 David fastened on his sword over the tunic and tried walking around, because he was not used to them.

“I cannot go in these,” he said to Saul, “because I am not used to them.” So he took them off. 40 Then he took his \_\_\_\_\_\_\_\_\_\_\_\_\_ in his hand, chose \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ from the stream, put them in the pouch of his \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ and, with his \_\_\_\_\_\_\_\_\_\_\_\_in his hand, approached the Philistine.

God has given you talents and abilities and passions already. What things do you already have in your arsenal that God has given you? (don’t be too humble here! We know it’s God’s gifts ultimately!)

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Here is something that might sound obvious but I must say it. You can’t rely on someone else’s faith to win your battle. This can mean so many things. Sometimes we wait for a moment to come along that will finally trigger us to step up to the battle line and fight. Sometimes we listen to a zillion sermons and read a schlew of different devotions but we don’t step up and act. You have to step out in your own faith. You have to put in your own personal time with God. I would even say that if you have time for only one thing where faith is concerned: spend it quietly with God and the Bible. Claim your own faith. Pick up your own stones, sling and staff and step up to the battle line.

Pray: Father God, I have been blessed by many gifts and passions and sometimes I neglect to see them. Thank You for giving me these things and help me to recognize them and thank You for them daily. I am willing to step forward in faith and claim this through Your name because I want what You want. Give me Your strength and power, I pray. In Jesus’ name, Amen.

Plan: How can you begin to use the talents, abilities and passions God has given you to step up to the battle line? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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For me, one of my abilities and passions is to organize and plan things out so that I can be ignited in my own life to take the necessary steps of faith. I began a while ago writing a check list for myself of what I needed to do each day to step out in faith. It looks just like this in my planner:

* Wake up and drink large glass of water and listen to motivating Bible video while putting together kids’ lunches
* God time (on the couch with Red Light and diffuser):
  + Bible reading
  + Devotion
  + Prayer and Listening Time
  + Write daily On Fire message
* Post On Fire message

Resolve: When I began my morning time with God, I had to resolve to make this work even if it meant getting up at 4am! I knew that without a strong resolve, I would let it fall by the wayside and I didn’t want to let that happen because I was really convicted that this was going to change my life! And, it has!

What resolve do you have? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Anticipate: I had to anticipate that things would pop up to try to distract me. I went through a period of time where I would check my phone first thing in the morning. More often than not, I would get distracted and anxious about something I saw, read or needed to handle. It could have waited, but just knowing it was there made me feel I needed to take action. Now, I anticipate that those kinds of things are going to be distractions. I don’t check my phone first. I already know that whether I look at my phone at 5am when I get up or 6am when I’m done with my God time, it can wait!

What can you anticipate that will try to stand in the way of your ability to keep your resolve? \_\_\_\_\_\_\_\_

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How will you avoid this?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yearn: 1 Corinthians 12:4-6

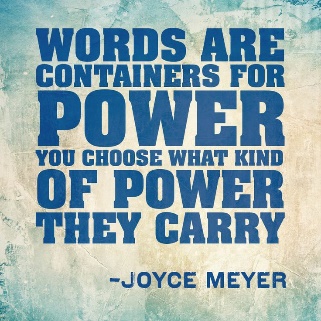
“Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone.”

Ask God to give you a spirit that is willing to use your gift for His purpose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(Answers: staff, five smooth stones, shepherd’s bag, sling

**Day 5**



If you didn’t already catch a theme earlier with me, I’ll remind you again. Your words and what you say will be what you believe and how you act.

Read 1 Samuel 17: 41-47

41 Meanwhile, the Philistine, with his shield bearer in front of him, kept coming \_\_\_\_\_\_\_\_\_\_\_ to David. 42 He looked David over and saw that he was little more than a boy, glowing with health and handsome, and he \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ him. 43 He said to David, “Am I a dog, that you come at me with sticks?” And the Philistine cursed David by his gods. 44 “Come here,” he said, “and I’ll give your flesh to the birds and the wild animals!”

45 David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the \_\_\_\_\_\_ of the armies of Israel, whom you have defied. 46 This day the Lord will \_\_\_\_\_\_\_\_\_\_\_\_you into my hands, and I’ll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there\_\_\_\_\_\_ a God in Israel. 47 All those gathered here will know that it is not by sword or spear that the Lord saves; for the \_\_\_\_\_\_ \_\_\_ \_\_\_ \_\_\_\_\_\_\_\_\_\_\_, and he will give all of you into our hands.”

Wow. As David’s Giant got closer and bigger and more enraged, towering over him, David simply called out the victory in the name of the Lord! To have that kind of boldness is just jaw-dropping! We can have that too!

Let’s say it out loud over our Giant: This very day, the whole world will know that there is a God. The Battle is the Lord’s and He will give all of you into my hands!

The next thing David did was he “ran quickly toward the battle line to meet him” (vs 48)

We need to stop holding back and staying in the mess hall! Hahaha! Get out there and run to the battle line and use what you’ve got!

50 So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him.

51 David ran and stood over him. He took hold of the Philistine’s sword and drew it from the sheath. After he killed him, he cut off his head with the sword.

David defeated the Giant but watch this next part that I glossed over many times:

“When the Philistines saw that their hero was dead, they turned and ran”

I wonder how many other things would just fall away in fear of us and our boldness in our faith with God if we stepped up to defeat this Giant we have identified?

Pray: Father, the most amazing things happen in Your presence. I don’t always see how I can overcome things that loom over me but You do! You see the way and You are there to show me. Please open my eyes to the ways I can step out and fight this Giant in Your name and to give You the glory!

In Jesus’ name, Amen.

Plan: Every time the Giant is standing over you, repeat these words:

“You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty”

Put this on a notecard and memorize it and say it whenever you need it!

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Resolve: Decide you won’t run away in retreat or wait for a better day to fight this. Today is the day to run to the battle line! Say it! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Anticipate: Remember that the Giant is going to call you names and remind you of what you look like to outsiders. You remind the Giant what you look like wearing God’s armor:

* As a child of God, I am a fellow heir with Christ.
* In Christ Jesus, I have wisdom, righteousness, sanctification, and redemption.
* God leads me in the triumph and knowledge of Christ.
* I am joined to the Lord and am one spirit with Him.
* I am a new creature in Christ.

Which of these do you need to hold onto and say? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yearn:

No, in all these things we are more than conquerors through him who loved us. Romans 8:37

Did you hear that? You are MORE than a conqueror! Take that and use it against that Giant!

(Answers: closer, despised, name, Lord Almighty, God, deliver, is, battle is the Lord’s)

**Days 6-7**

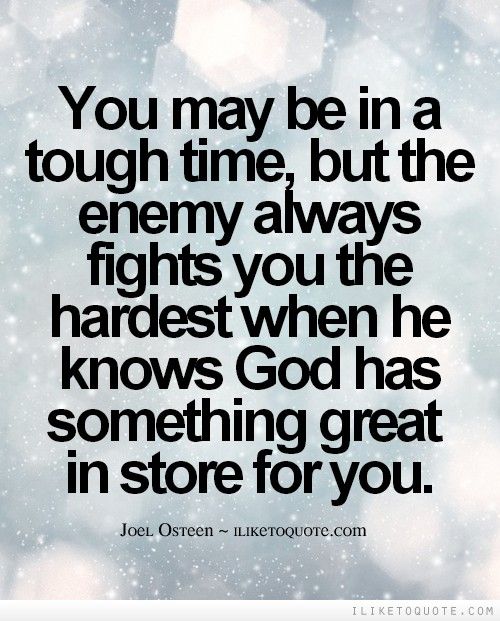
Use these days to review, re-read and remind yourself of what God has spoken to you

What is a takeaway point that you will use to fight this giant?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Week 3**

**Day 1**

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Strongholds. It’s an interesting word. It could mean something that is positive: a fortified place; a place of security. It could also mean something negative that we fight against:

Read this excerpt from

“The enemy has erected strongly fortified garrisons to resist the Truth and thwart God’s plan of redemption. There is the fortress of human reasoning, reinforced with many subtle arguments and the pretense of logic. There is the castle of passion, with flaming battlements defended by lust, pleasure, and greed. And there is the pinnacle of pride, in which the human heart sits enthroned and revels in thoughts of its own excellence and sufficiency.

The enemy is firmly entrenched; these strongholds have been guarded for thousands of years, presenting a great wall of resistance to the Truth. None of this deters the Christian warrior, however. Using the weapons of God’s choosing, he attacks the strongholds, and by the miraculous power of Christ, the walls are breached, and the bastions of sin and error are battered down. The victorious Christian enters the ruins and leads captive, as it were, every false theory and every human philosophy that had once proudly asserted its independence from God.”

So, strongholds in the Spiritual context, are anything that stands between us and God. What comes to mind when you think of your stronghold? (aka your Giant) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I want you to consider this: your stronghold is a tool the thief can use for his cause. That could be food, laziness, distractions, busy lives, worry--anything that takes our focus off of the One who came to give us life. He is not just our Savior for heaven. He is our Savior on earth...... Saving us from condemning ourselves, from the stresses of life and from earthly yuck!

When we look at the positive side of the word stronghold we find this:

The LORD also will be a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the oppressed, A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in times of trouble Psalm 9:9

We get to choose our stronghold!

Pray: Father God, You are my stronghold, my place of safety and security. Please let me see the truth of what the enemy has erected in my life as a stronghold. Help me to see what he is up to so that I can fight back according to the strength that You have in me. Thank you for being my God and my Lord. In Jesus’ name, Amen.

Plan: Consider your stronghold/your Giant and how that has led you in whatever direction you have found yourself to be in: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: Resolve……Decide……Get it deep into your head and heart that this is not what God has in mind for you. Choose to see this from a bird’s eye view of the situation: the enemy/the giant/the stronghold has been a tool to get your eyes off of God’s plan for you. Write your resolution: \_\_\_\_\_\_\_\_

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Anticipate: Remember that just because you understand what’s really going on doesn’t mean that the enemy will leave you alone. The best news is, though, that you can smile now knowing what is going on so you don’t have to stoop to his level and fight on his playing field. You fight from God’s playing field!

What do you anticipate may be a way the enemy is going to try to attack your resolve? \_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: Knowing that the enemy is going to attack, what will you put in place to have at the ready to fight back? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
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I use my mouth and the Word of the Lord to counteract what is going on. When Jesus was in the desert with Satan trying to lure Him into sin what did Jesus do? He said with His mouth the Word of God. That is what we must do too.

(Answers: stronghold, stronghold,

**Day 2**

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The thief comes only to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I have come that they may have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and have it to the \_\_\_\_\_\_\_\_\_\_\_\_\_. John 10:10

I did some research on that verse. Some preachers consider “the thief” to be Satan, but according to several historical authors, the thief was false teachers. As you consider “the thief” in your life….I would like you to think about it as your stronghold. It is not coming from God’s truth for you and it is stealing your life and destroying you. The thief is ultimately anything or anyone that is taking our eyes off of Jesus and His power in our lives. The thief is anything that is distracting us from our purpose and pulling the life out of us. This includes the enemy Satan, our own choice to listen to our old patterns of thought, the world and how the world chooses its truth. Jesus said He came so that we may have life and have it to the full.

How do you see your stronghold/giant…..that thief…. pulling life out of you?

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The best news is that God doesn’t leave us with strongholds/giants and He will work to change us. I know that so many people, including me for so many years, do not know how to get rid of strongholds. The ONLY way that has worked for me is by daily pouring in the only life-giving solution that transforms for good and not just for the moment: The sword of the Spirit—The Bible!

Read these words: Psalm 63:1-5

O God, you are \_\_\_\_\_\_\_ God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my \_\_\_\_\_\_\_\_\_\_\_ will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. My soul will be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as with the richest of foods; with singing lips my \_\_\_\_\_\_\_\_\_\_\_\_\_\_ will praise you.

Sarah Young is an author of a series of devotionals called Jesus calling. Although her words sound as if they are coming from God, she rephrases things so that we hear the words in a new way. In her commentary on these verses from Psalm 63 she says "the world abounds with idols--things you turn to when you want to feel better about yourself: eating, entertainment, exercise, mastery of something or someone. However, none of these things can slake the thirst of your soul, which yearns for Me alone. Idolatrous substitutes may suppress your appetite for Me, mainly by distracting you, but they provide no satisfaction. When you get that gnawing sensation around the edges of your soul, return to Me. Your soul will be satisfied as with the richest of foods."

Although the author is putting her own interpretation on the verse, I think it speaks to each of us in a different way. When you feel less than satisfied, that is God asking for your attention! He will satisfy every need! Believe that!

He wants us to have a good life NOW—battling the Giant in our lives, in our journey, on our way......not just when we finally get "there".... wherever "there" might be! I am so glad that God is making me more the way He wants me day by day and by His power!

Pray: Father God, I do long for You and thirst for You. You are the only thing that never disappoints me or leaves me wanting. Please teach me to be more aware of how my lips can say what You want me to say and move in the way I need to move! In Jesus name, Amen

Plan: Realizing and planning for the normal temptations of the world to continue to be there, think of your day and the rest of the week. How can you stay focused and not distracted?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: Say it and repeat it: I am not distracted from what God wants for me. There are many things that will come up to make me think I am not strong enough or that I need anything except the best God has for me, but I won’t listen anymore! I am satisfied with what God has for me!”

Anticipate: Excuses are our minds way of moving something off our radar for “a better time.” As long as we make an excuse about why we can’t do something, we have delayed progress and given ourselves a mental “out”. How do you do that & what is your solution? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: How can you increase your appetite for God’s way? What is a practical thing you can do each day that will move you closer to letting Him be your rock and allowing your stronghold to become weaker day by day?

(Suggestions that I have used & mentioned before)

-write Bible verses on notecards to carry around in your purse/car/on your mirror

-listen to podcasts on the subject while driving

-devote time in the morning to studying on God’s power and Bible verses about His ability to transform

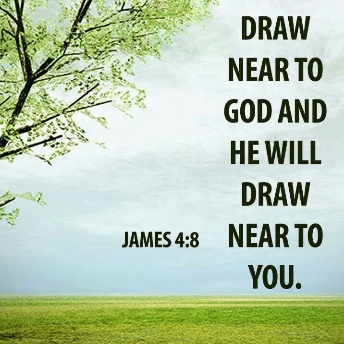
-pray for the specific area that you struggle with. Ask for God to show you how to get over it)

What can you do?

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(Answers: steal, destroy, life, full, my, lips, satisfied, mouth)

**Day 3**

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Read 2 Chronicles 30:9

....For the Lord your God is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ and He will not turn away His face from you if you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to Him.

I was thinking about that....how often we don't feel Him close to us, but all it takes is to "return to Him" and He will never turn away His face. God actually cannot do anything but love us because God=Love. Whatever that means for you, let it sink in. It helps me to know that it is my choice to stay close to Him but that no matter if I feel far away at times, it is up to me to turn my eyes back to Him and HE IS ALWAYS THERE!!!

Dissection in the traditional sense when I went to school is something that is done to help pull apart individual parts of something (often a frog, ewww) and understand it better. To see, touch and discover life in tangible ways.

I like to do the same with Bible verses. Touching them and moving them around on paper and discovering and seeing them better is what starts to change the trajectory of your life. Just reading through them and checking them off your to-do list does little to help you actually make use of them. Sit with them and ponder them. Store them in your heart and mind.

Let’s do some of that over the next few days as a way to overcome the giant/stronghold in our lives.

Pray: Lord God, Your Word is living and active and sharper than any two-edged sword. It divides and dissects things that I need to see changed and I believe that it will help change the attitude of my heart and the thoughts that I think! Thank you for giving me Your Word to hang onto to! Please let it penetrate my heart.

Plan: Read Colossians 3: 1-17 ( we still focus today and dissect verses 1-4)

Since, then, you have been raised with Christ, set your \_\_\_\_\_\_\_\_\_\_\_ on things above, where Christ is, seated at the right hand of God. 2 Set your \_\_\_\_\_\_\_\_\_\_\_\_\_\_ on things above, not on earthly things. 3 For you \_\_\_\_\_\_\_\_\_\_\_\_, and your life is now hidden with Christ in God. 4 When Christ, who is your \_\_\_\_\_\_\_\_\_\_\_\_\_, appears, then you also will appear with him in glory.

Resolve: Since you have been raised (already!) with Christ, what are you to do?

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Remember, the old you already died! Your life is hidden with Christ in God. You are already in a position of power and authority! So that means the messages the world (you, Satan, etc) give you about not being able to get rid of those pesky strongholds are false!

Anticipate: How can you set your heart and mind on things above? What would that look like practically? For me, it means choosing to say out loud and in my head the things that are to come and have not yet appeared. What I mean by this is that I don’t rely on what is in front of me but I say what God has said about my situation. When I want, in my human flesh, to say: So many people write books, what business do you have in writing and who really cares? Instead, I replace it with “I do everything I do as unto the Lord. Anything He has put in my heart and asked me to do in obedience I do. I have the mind of Christ and my power comes from Him. I move because He told me to move. He has my future planned out and I trust in Him.” So, even though I don’t see my future and I’m only in the beginning stages of doing what He asked me to do, I say what He says and what is in line with His Word.

What can you say, in anticipation, to override your natural tendencies? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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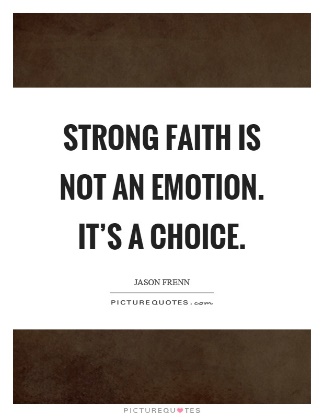
Yearn: Choose to turn to God no matter how you feel. He is there and He promises to always be there when you turn to Him. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answers: gracious, merciful, return, hearts, minds, died, life.

1. Set your hearts on things above

2. Set your mind on things above)

**Day 4**

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Yesterday we dissected some verses that reminded us that the “old” you is dead and that the “new” you is alive in Christ.

It doesn’t feel like the old you is dead a lot of the days of life, right? I know. That is part of the problem, though. What we “feel” like changes constantly. We have to get to where feelings don’t change our minds for us. We decide and then we let feelings come at us and sail right on by! Pastor Charles Stanley talks about how the enemy will send arrows his way but he has gotten to the point where he watches them fly on by him! I love that image because that is exactly what we need to do!

Pray: Lord, I am so grateful that you have made me alive in Your Son, Jesus. Because of Him, I have the right to stand before You and ask You for anything. I am asking that You will guide me by Your power to put off everything of the “old” me and embrace the “me” that YOU see! Thank you. Thank you. Thank you. You alone are my ALL! In Jesus’ name, Amen.

Plan: Let’s read and dissect the next set of verses. Read the Scripture entirely but then let’s work on verses 5-11.

Colossians 3: 1-17

5 Put to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. 6 Because of these, the wrath of God is coming. 7 You \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to walk in these ways, in the life you once lived. 8 But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. 9 Do not lie to each other, since you have \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ your old self with its practices 10 and have put on the new self, which is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ in knowledge in the image of its Creator. 11 Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and is \_\_\_\_\_\_\_\_\_\_ all.

So, then, HOW do you go about the changes?

1. Put to death earthly

a.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

f.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

g.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

h.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

i.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

j.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your image is “being renewed” day by day by God, not you. We have to agree with God and submit to what He is asking of us, but the power comes through our position with Him and through Him. That means that we cannot ultimately fail!

Resolve: Resolve to agree with God and submit to what He is asking. Pray and say aloud: Lord God, I agree with You and I am submitting to You because I know that You know what is best for me! Give me strength! In You, I am strong!

Anticipate: Are there are any of those things mentioned that you struggle with? Anticipate them and write your resolution: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: Nahum 1:7 The LORD is good, A stronghold in the day of trouble, And He knows those who take refuge in Him. Replace that old stronghold/giant with the Lord!

(Answers: death, used, taken off, being renewed, all, in

1. Put to death earthly

a. Sexual immorality

b. Impurity

c. Lust

d. Evil desires

e. Greed

f. Anger

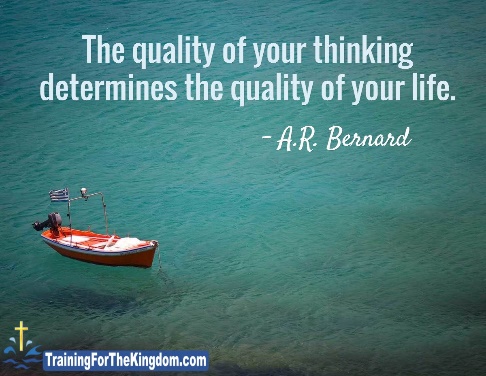
g. Rage

h. Malice

i. Slander

j. Filthy language)

**Day 5**

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Your words can be used to describe your life or your words can be used to change your life.

We all say things to ourselves. We just need to start paying attention to what we are thinking and saying. We have to use the power of our words and the power of what we are thinking. The enemy will use the intimidating words of the Giant to make us think we can’t live in victory.

The Bible tells us that we need put to death all that earthly stuff (we talked about that yesterday)….but again, HOW do we do that? Sometimes evil and the world feel so strong? This is how:

Pray: Lord, the tug of the world, the enemy, the Giant, the stronghold in my life sometimes feels so strong. Renew me again today through Your Word and through Your miraculous way of moving in my life! In Jesus’ name, Amen.

Plan: Read Colossians 3:-1-17 but we will dissect verses 12-17

12 Therefore, as God’s chosen people, holy and dearly loved,\_\_\_\_\_\_\_\_\_\_\_\_\_\_ yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues put on \_\_\_\_\_\_\_\_\_\_\_, which binds them all together in perfect unity.

15 Let the\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of Christ rule in your hearts, since as members of one body you were called to peace. And be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. 16 Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. 17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

2. Put on (clothe yourself) with:

a.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

f.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

g.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Let\_\_\_\_\_\_\_\_\_\_\_\_\_\_rule

4. Be\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sing:

a.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

And whatever you do, do it all in the name of Jesus.

Resolve: Look back at the lists you made. What is one thing that you need to put to death?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What can you clothe yourself with in order to put that to death?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Anticipate: Choose a psalm, a hymn or a spiritual song to keep in your heart today. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yearn: Thank God, in prayer right now, that He is working in your heart and mind to transform you more and more into the image of Christ, where you are already seated!

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(Answers: clothe, love, peace, thankful,

2. Put on (clothe yourself)

a. Compassion

b. Kindness

c. Humility

d. Gentleness

e. Patience

f. Forgiveness

g. Love

3. Let peace rule

4. Be thankful

Sing:

a. Psalms

b. Hymns

c. Spiritual songs

**Day 6-7**

Review Days 1-5.

What stands out for you?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any new revelations?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

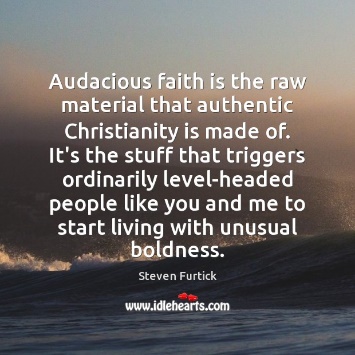
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Read over the verses and ask God to reveal new and amazing, supernatural things to you! \_\_\_\_\_\_\_\_\_

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**Week 4**

**Day 1**



Audacity: the willingness to take bold risks.

When I think about how most of us live, it seems pretty non-audacious! A lot of times when we think about the Giant in life right now, it makes us cower or step back…..sometimes every day. Maybe we think ‘I’ve tried to deal with this before but I just always revert back to the way I was’.

In the book of Luke, Jesus said this to his disciples:

I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. Luke 10:19

That sounds pretty audacious to me!

If we really took that to heart I wonder if we’d step back from the battle line. It seems to me that when He says that we have authority over all the power of the enemy that means we have all the power over the enemy!!!!

But, we don’t act like it.

Instead, we tend to listen to the voice in our head or the people around us. Our enemy has this knack for triggering our own minds and emotions so that we dig our very own hole. He doesn’t have to do a whole lot except remind us of past failures or trigger a temptation. Then he just stands back and watches us run away from the Giant again. Let’s not.

This week, let’s delve into some Scriptures that will remind us Who is boss and that He gave us His power. Going to the Scripture and reading it for yourself is part of the process of soaking it in. It transforms your mind and it is such a miracle to let God change you through the Word.

Read: John 16:13

When the Spirit of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_comes, he will guide you into all the \_\_\_\_\_\_\_\_\_\_\_\_\_\_, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.

We aren’t supposed to be bold on our own and we aren’t supposed to have to figure things out. The Spirit is the One who does that work in us. Then what is our job? To stay connected to Him, to ask Him to help us and to be open to what He says.

God doesn’t have to use us to carry out His purpose. He could do anything He wanted to in any way that He wanted to. But, He *chooses* to work through us a lot of the time through our relationship with Him. I know that sometimes feel like He already knows what we need. Yes, He does. But, He wants our attention and the beautiful thing is that when we give it to Him, we feel better, know better, act better and can recognize that He did what He did since we asked Him!

Pray: Lord God, You chose to give us Your Spirit so that we would always have our guide with us! Thank you for loving us so much! Please give me audacious faith to face this enemy and be able to live an On Fire life!

Plan: Let me remind you that even though we make plans, it’s the Lord’s purpose that prevails. When I talk about planning, it is not with the belief that we are making our own way. It is so that we aren’t floating along without a thought of what God says and what His Word teaches us. We have to contemplate and consider and this is where the plan begins!

Where are you in your audacity toward the enemy? Do you act boldly or cower? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: If you are one to cower because of the Giant, resolve to get some verses in your head this week to remind you of what Jesus said! I resolve to say “I have authority because of Jesus over my enemy and I can trample on this thing I’ve been cowering from!”

Anticipate: Knowing that the enemy triggers you and tempts you in your weak areas, what could you anticipate may come your way and how can you counteract it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

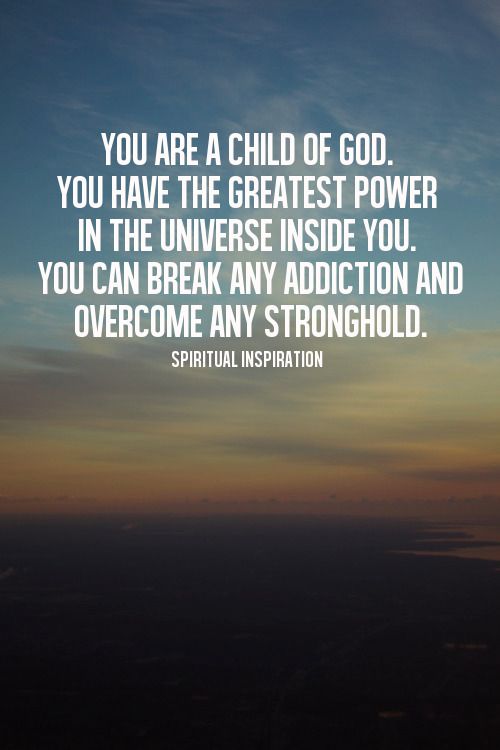
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Yearn: How are you yearning for the Spirit of truth to guide you? Are you asking for help in your weakness? If not, plan and carve out time to get His Word in and time to pray. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(Answers: truth, truth)

**Day 2**

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Read 1 John 5:4-5

For \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ who has been born of God \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_\_\_\_. And this is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that has overcome the world—our \_\_\_\_\_\_\_\_\_\_\_\_\_. Who is it that overcomes the world except the one who believes that Jesus is the Son of God?

Victory. Ah yes. It sounds so good but sometimes feels so far away. I think we all like the sound of that song “You’re an Overcomer!” But, the thing is, we are overcomers. And the thing that is the easiest and hardest to swallow and take deep down into the pit of our stomachs and into every cell of our bodies is that it comes through........faith!

How in the world do you put something on that to grip with, though? Sometimes it sounds too elusive. I believe that one of the main things is just to keep pouring in His Word and praying that He will increase your faith. Renewing your mind is just that: focusing again and again on what HE says and not what the world says.

Read Romans 12:2

Do not conform to the pattern of this world, but be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Then you will be able to \_\_\_\_\_\_\_\_\_\_\_\_\_ and approve what God’s will is—his good, pleasing and perfect will.

Pray: Lord, I want to be an overcomer in this area of my life. Although I’ve tried in the past, I believe that You are building my faith and I am willing to daily renew my mind with Your Word. I know You alone have the power to change me and I thank You in advance for doing so!

Plan: Do you have time mapped out to renew your mind this week? When is that time set aside?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Resolve: If you’re already spending some time in His Word and prayer, how can you sprinkle more into your day? Carry a notecard with a verse? Set a reminder on your phone? Make your phone wallpaper a Bible verse? Walk and pray with a friend? What will your resolve to do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
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Anticipate: I’ve noticed that when I resolve not to complain, for example, a whole schlew of things come at me that I start to open up to whine about. Whether I’m just noticing my behavior or the enemy decided to test my resolve, I am always better off when I anticipate what is probably going to come at me and decide how to handle it! What can you do to anticipate and solve your potential problems? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: ‘Call to me and I will answer you and tell you great and unsearchable things you do not know.’ Jeremiah 33:3. Wow. Wouldn’t you just love to know some unsearchable things? That sounds marvelous! We just need to call to Him, believe like a child that He actually does answer you (because He does!) Write your prayer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(Answers: everyone, overcomes, world, victory, faith, transformed, renewing, mind, test )

**Day 3**



Being audacious requires knowing the truth and stomping on lies.

The voice of Truth comes from God and His Word.

All the other voices calling out to us are cheap lies.

When we reinforce the lies by what we think and say, we give them power.

Do NOT agree with lies and do NOT give them power.

What is one great way to get the Truth in deep? Through testimonies!

As we read through the testimonies in the Bible, recognize that this is OUR history and these are OUR ancestors. The Bible is full of the testimonies of our family and we must continue to remember them.

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.

Deuteronomy 6: 4-9

As we renew our minds in God’s Truths, our hang-ups and our heavy weights will begin to break free. As we recognize the lies we’ve been listening to and meditating on, we will replace them with Truth.

And the Truth shall set you……………..FREE!

Pray: Father God, thank You for the testimonies of the Bible to encourage me! Thank You for choosing people who are just like me, flawed and filled with imperfections. Please help me to use Your Word to be bold for YOU!

Plan: We’re looking at the story of Gideon for the next few days because it is a testimony that will help us with our own Battle of the Giant in our lives!

Read Judges 6 and answer the questions:

Notice what happens when the people chose to allow idols and their culture to influence them (vs 1)

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The power of their culture/their enemy caused them to do what? (vs 2)

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We don’t have “idols” like back in those days, but an idol is anything that takes our eyes off of Jesus. In the dictionary, two of the definitions are: An item of extreme devotion or a false conception

Do you see any idols in our culture or in your own life? List them & why you consider them idols (another way to say it is --what do they cause people or you to do?):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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In verse 3, the Israelites were trying to carry on with life (planting crops) but because they had allowed their culture and enemies in to affect them, their work was continually destroyed.

What He is telling me about Him or about myself\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Resolve: What lies I have allowed into my life that I resolve to replace with truth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Anticipate: Through all that we have done so far in this Battle Plan, I’m sure you can anticipate that God has called you to the battle line. Notice a few things in verses 11-40

What did God call Gideon? (even though he wasn’t one yet) (vs 12)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What does God call you (even though you might not feel like one yet?) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gideon had some reasons for why he didn’t think he was qualified:

-he noted the present trouble and the inability to see what God had done in the past (vs 13)

-his “clan” is the weakest and he is “the least” in his family (vs 15)

-he needed a sign (vs 17)

How did God respond to each of those?

-He told him to “go in the strength you [already] have because He was sending him (vs 14)

-He told him He would be with him & that they’d strike down the enemies (vs 16)

-God gave him multiple signs (this is not to say that we should/shouldn’t ask for signs. However, God clearly gives His people what they need, what we need, in order to carry out His plan.

What do you say makes you unqualified to fight the battle?

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How do you think God responds to each of those?

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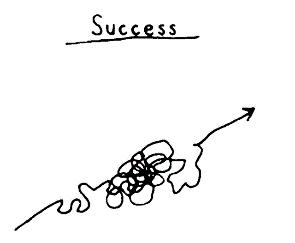
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Yearn: Something about verse 18 just melts me. “And the Lord said, ‘I will wait until you return.;”

Oh, how He loves us so! What a miraculous thing to imagine God, the Creator of the World saying “I will wait for you to return.” May we yearn for Him more and more each day out of shear overwhelming love!

**Day 4**



Isn’t it a marvel when God does things in such unique ways? In the story of Gideon, in chapter 7 of Judges, God purposely has Gideon whittle down his troops so that it will be obvious that God won this battle through His power.

Now, some people that don’t quite understand faith might think “geez, is that egotistical for God to want that?” You might not be able to relate but a lot of people try to put God into a human body.

Here’s how I see it. God knows ultimately that since He knows what is best and how best to accomplish the best, He knows that we need to rely on Him in order to get through this life. The more He shows Who He is to us and the more extraordinary the outcomes, the more we realize we cannot do things on our own. And that is a good thing. That means that we are in a humble position to allow God and all His might to shine out. If we are hoping to get a little glory, then we have to be willing to face the battle alone. That sounds dreadful to me!

So, I just revel in the stories of how God does unlikely things through unlikely people because it is such a confirmation of our faith!

Pray: Lord God, You are amazing in every way. I love how You take situations that look impossible and blast out your power! I pray to have a humble attitude toward you and the willingness to do whatever it takes to shine out Your glory. Thank you for working in me and building my faith! In Jesus’ name, Amen.

Plan: Read Judges 7

In verse 10, God says to Gideon that if he is afraid to attack the enemy, he is to go down into the camp and he will come back encouraged. Have you paid attention to how the Lord provides encouragement to you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

God also used some unlikely means to win this battle. What was the ultimate way He handed the enemy over to Gideon? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Resolve: Resolve that God has some unlikely means to fulfill His plan for you. Have you seen any evidence of how He is doing this at this point in your life? If not, pray for your eyes to be open to what He is already doing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Anticipate: God does not call the equipped. He equips the called. Even if you don’t feel equipped, how do you anticipate that God is in fact equipping you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: When Gideon got answers from God, he worshipped Him. (vs 15) Are you taking the time to notice the answers that you are getting? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What does worship look like to you? Are you doing it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Day 5**



I read a commentary on Gideon and the points that were made really struck me.

Here are some lessons from his life:

* God calls in the middle of our present obedience. As we are faithful, He gives us more responsibility
* God expands and uses the abilities He has already built into us
* God uses us in spite of our limitations and failures
* Even though who make great spiritual profess can easily fall into sin they don’t consistently follow God

Pray: Father God, I am so convicted to be obedient and faithful. I have asked for much and I am willing to do much through Your power and strength. Please help me to recognize the abilities You’ve already given me and use me in spite of my limitations and failures. In Jesus’ name, Amen.

Plan: How do you see your level of obedience? Can you step out faithfully and in what way? \_\_\_\_\_\_\_\_\_

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Resolve: Knowing the abilities God has already given you, humbly thank Him for them and list them here. Resolve to use them as God calls you:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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Anticipate: Despite limitations and failures, you can guess that the enemy will try to remind you of these as often as possible to stop your progress. List what you see as your limitations and how God can use those: (if you don’t know how God can use it, I’d just say “But, God!” which means that He can and will use it and I’m leaving it up to Him!)

* Limitation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_God’s use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Limitation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_God’s use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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Yearn: We know how easily we can fall back into sin even if we’ve made a lot of progress. Pray and tell God your intention to consistently follow Him: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Days 6-7**

Review and Refresh and get caught up on the week. I like to read back over the Bible story and also my notes. The need to reflect is so important. We need to give ourselves some time to digest and think. Use these 2 days for that.

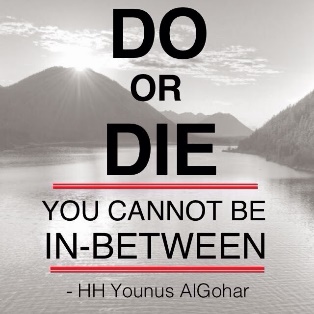
My reflections on the week\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What God has spoken to me over this past week:

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**Week 5**

**Day 1**



Looking at battles in the Bible, there were some common reasons that the people failed. There are also awesome examples of how some succeeded. Let’s see if we can detect those reasons and then avoid the ones who failed and focus on the successful ones.

I won’t have you read the parts of Judges and 1 Kings that I noticed this common theme, but at some point you can spend some time in those books.

The failure that the people experienced came from:

* Seeing the goal but lacking the discipline and energy that was needed to get to the goal
* Just getting plain tired and weary
* Being afraid that the enemy was too strong
* Allowing spiritual decay and not banishing the things that took their eyes off of God (idols/high places/people that were a bad influence)
* Thinking they could handle the temptation

Which of these sounds like one of the reasons you have failed in the past? (more than one may apply!) Put a check mark next to it.

Today, let’s PRAY and make a plan to be on alert so that we won’t fall into that again.

PRAY: Father God, You are a God of discipline and never-ending energy! You don’t get tired or weary and I know that You are stronger than my Giant. Please help me to be energized, disciplined and ready and willing to banish temptation and anything else that takes my eyes off of You! In Jesus’ name, Amen.

Plan: If one or more of the above listed failures strikes a chord with you, plan to change that. Forming a plan means that we have a method for achieving an end. What is at the end for you? What is the ultimate goal that you hope will come about from knocking out this giant? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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For me, all of my Giants both in the past or the present have threatened my ultimate goal which is to serve God with all my heart, soul, mind and strength and to love my neighbor as myself. In more personal words, I believe that through On Fire Fit I will feel I reached my goal when I see that God has used me to help people get healthier in their minds/souls/bodies/spirits so that *they* can fulfill *their* purpose…whatever that may be. So, when I see anything deterring me from moving in action, then I must gear up and make a plan to defeat that Giant. For me, that is feeding myself with the Word of God and choosing to deliberately say “As it is written ‘What no eye has seen, what no ear has heard, and what no human mind has conceived’ -- the things God has prepared for those who love him—“ 1 Corinthians 2:9

Resolve: What is your resolution to reach your goal through the power of God? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I no longer toy with the temptations that come my way. I block them immediately and give them the Word of God OUT LOUD! “As it is written!”

Anticipate: Remember that just because we plan and resolve doesn’t mean we won’t still get all manner of excuses coming at us as to why we can’t reach our goal.

What are some of the typical things that come your way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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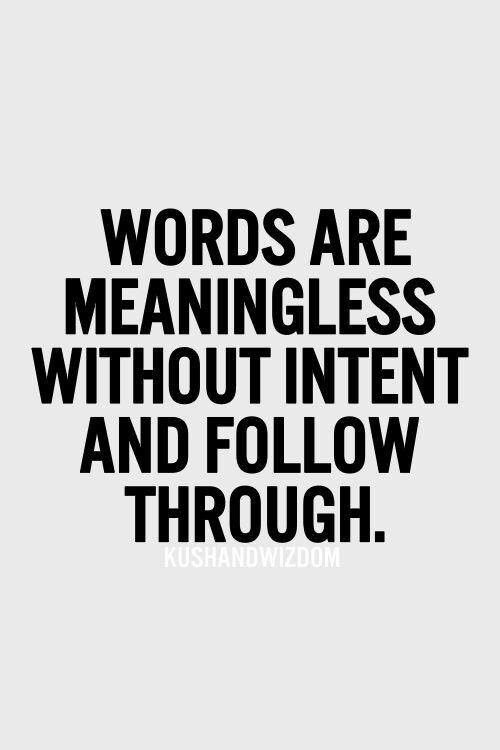
How will you slay them this time?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: There is no replacement for time One-on-One with God. If you have to choose anything in your day that is a “must do”, I would say that is the one thing. Are you doing that? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If not, start now.

**Day 2**



Read Romans 15:4

For whatever was written in former days was written for our instruction, that through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and through the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the Scriptures we might have\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Yesterday we talked about how through stories in the Bible we can see those who failed and how that happened. We are wise to reflect on our own patterns, as we did yesterday.

However, we don’t need to get stuck in those patterns. Today we start talking more about solutions.

I’m going to list a few solutions and see if you’ve already done these or if you feel triggered that one of them might be your weak area:

* Drive sin out of my life. I will always sin until heaven, but I drive out any known habitual sin
* Follow-through on what I know to do
* Know that God gave me a purpose and that my victory comes from living according to that purpose He gave me

Read Habakkuk 2:3

For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay.

No matter if it seems like you’ve waited and labored for too long, He is faithful to the end.

Pray: Lord God, You have all the solutions to the problems I face and the Giant before me. Help me to stand strong in solutions and avoid anything that threatens to make me feel like a failure. Thank you for Jesus and His robe that covers me! In Jesus’ name, Amen.

Plan: Do any of the solutions strike a chord with you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: Decide that you will put all your might (God-given might!) into that focus and that you won’t be deterred. Write it here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Anticipate: Failure is one of the things that will always try to haunt us and remind us of our weaknesses. Anticipate that those feelings will come but realize that they are just that: feelings. They play no part in your present and your solution. Write about that: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: I can do all things through him who strengthens me. Philippians 4:13

All means all. Are you yearning for Him in this area where you need strength? For me, I look up verses that specifically speak to me using the concordance or googling the topic. Write those verses where you can carry them around with you on notecards and see them.

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(Answers: endurance, encouragement, hope)

**Day 3**

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There’s something about Daniel that just makes me feel strong and able every time I read about him.

Let’s look at how he fought the giants in his life. Even those who may not have much time in the Bible usually know about Daniel in the Lion’s Den. How did he get to be so strong and courageous and seemingly have no doubt?

The brief intro to Daniel might help if you don’t know already: Daniel and thousands of his countrymen had been deported to a foreign land. Daniel was surrounded by people who didn’t follow God (you may feel that way sometimes but don’t despair! You could have faith like Daniel.) Daniel rose into a prominent position in the government because God gave him the ability to interpret dreams. Unfortunately, the pressure was on when the king demanded that the people bow down to idols or be thrown into the Lion’s Den. At one point, Daniel prayed and received a vision and here is his response. Notice that this was before he saw the victory.

Read Daniel 2:19-23

19 During the night the mystery was revealed to Daniel in a vision. Then Daniel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the God of heaven 20 and said:

“Praise be to the name of God for ever and ever;

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are his.

21 He changes times and seasons;

he deposes kings and raises up others.

He gives \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the wise

and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the discerning.

22 He reveals deep and hidden things;

he knows what lies in darkness,

and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dwells with him.

23 I thank and praise you, God of my ancestors:

You have given me wisdom and power,

you have made known to me what we asked of you,

you have made known to us the dream of the king.”

Pray: God of heaven! You are wisdom and power and I’m so grateful that you give it to us. Thank you for your insight into every problem I have and that You will make me wise and discerning! In Jesus’ name, Amen.

Plan: Did you notice that Daniel praised God before he saw victory? That was one of his strengths. If you don’t already do this, how do you plan to start doing this regularly? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: Read Daniel 1:8. Underline the word “resolved” (if you are in NIV). When Daniel resolved not to eat or drink the royal food, it was something that he resolved and followed-through on because he knew it would defile him and he wouldn’t tolerate that.

What do you resolve yet again today? (If you feel like a broken record, there is a point to all of this! Repetition is one of the keys to habits and renewing our minds!) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Anticipate: Daniel also anticipated that it might be hard to make this stick so he talked to the chief official about it. God caused the official to have favor and sympathy toward Daniel. God intervenes on our behalf and will grant us favor. If you have a hard time with stayed resolute, who can you talk to that will support you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yearn: Daniel was up against a lot of pressure. The king had decreed that no one pray to anyone or anything except for him. Read Daniel 6:10

Nothing stopped Daniel from thanking and praising God and following through with his discipline of getting on his knees 3 times a day. He had every excuse and yet did not cave in.

How can you display that kind of yearning? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(Answers: praised, wisdom, power, wisdom, knowledge, light

**Day 4**



We totally underestimate what we go through and how God can use it for a great purpose. Most of the time we simply want to get over this Giant and we miss the big picture. God can bring about the most amazing things when we use what we have been through or what we are going through for His glory. Don’t underestimate what God can do with your mess. He can turn it into a message that other people need to hear.

Daniel was the perfect person to display this. What looked impossible-being thrown into a Lion’s Den-ended up being a shining light of Who God Is.

Read Daniel 6.

Fill in this section: Daniel 6: 25-28

25 Then King Darius wrote to all the nations and peoples of every language in all the earth:

“May you prosper greatly!

26 “I issue a decree that in every part of my kingdom people must fear and reverence the God of Daniel.

“For he is the \_\_\_\_\_\_\_\_\_\_\_\_\_ God

and he endures forever;

his kingdom will not be destroyed,

his dominion will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ end.

27 He \_\_\_\_\_\_\_\_\_\_\_ and he saves;

he performs signs and wonders

in the heavens and on the earth.

He has rescued Daniel

from the power of the lions.”

28 So Daniel prospered during the reign of Darius and the reign of Cyrus[a] the Persian.

Look at that! I bet you underestimate what God can do just like I do. Let’s stop doing that.

Pray: Oh God! You are my rescuer and You are the One who can shut the mouth of a lion with just a word. I know that You are bigger and stronger than the Lion I face too. Help me to stop underestimating just what You can do!

Plan: Daniel planned to stick with what he believed and he didn’t back down. Do you plan for that kind of determination? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ How can you see God using this Giant you are knocking down for His glory? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: Again, make firm in your mind that you aren’t backing down from this Giant again. You won’t retreat in fear or weariness. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Anticipate: When you are reminded of your “mess”, speak the truth out:

“I stand firm against all the lies and schemes of the devil”

Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. Ephesians 6:11

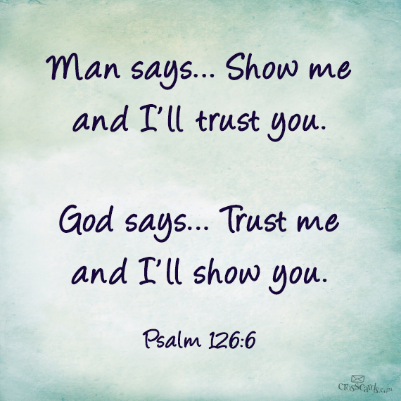
Yearn: Fight back against those schemes by prayer, praise and thanks!

Your thanks: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(Answers: living, never, rescues)

**Day 5**



Read Daniel 6:19-23

19 At the first light of dawn, the king got up and hurried to the lions’ den. 20 When he came near the den, he called to Daniel in an anguished voice, “Daniel, servant of the living God, has your God, whom you serve continually, been able to rescue you from the lions?”

21 Daniel answered, “May the king live forever! 22 My God sent his angel, and he shut the mouths of the lions. They have not hurt me, because I was found innocent in his sight. Nor have I ever done any wrong before you, Your Majesty.”

23 The king was overjoyed and gave orders to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Daniel out of the den. And when Daniel was lifted from the den, no \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ was found on him, because he had\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in his God.

Sometimes we just get lifted right out of our pit. The simple act of trust seems so difficult to grasp but it’s what saved Daniel. He stood firm in what he knew of his God and He trusted. He wasn’t even harmed when it was all done.

We started this week off with “Do or Die.” I’m sure you know that means that without actually doing something we are going to perish against this Giant. The “doing” though doesn’t mean it’s in your own strength. It is the action connected to what God asks of you and letting Him do the impossible.

Pray: Almighty God, You do what I can’t do. I am so thankful for that. Please help me to learn to live in the tension of trust and action and moving and resting. I know that without You, I will try in my own might. I am choosing Your might and I am trusting in it. Help me to have eyes to see and feet to move in the direction You ask of me.

Plan: In Daniel’s case, he couldn’t do anything when he got thrown into the Lion’s Den except pray and stand firm. He didn’t back down and apologize for his refusal to pray to the king. THAT is exactly the action that God asked of him. What is God asking of you? Pray before you answer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: Decide you will act on it! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Anticipate: What do you foresee as an arrow you might receive from the Giant as you try to act? \_\_\_\_\_\_

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Decide you can see it coming and won’t even entertain it! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: Daniel 9 describes Daniels lament and confusion in a matter that he was praying about. Hear what happens as a result of his prayer:

20 While I was speaking and praying, confessing my sin and the sin of my people Israel and making my request to the Lord my God for his holy hill— 21 while I was still in prayer, Gabriel, the man I had seen in the earlier vision, came to me in swift flight about the time of the evening sacrifice. 22 He instructed me and said to me, “Daniel, I have now come to give you insight and understanding. 23 As soon as you began to pray, a word went out, which I have come to tell you, for you are highly esteemed.

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I don’t know about you but I yearn for that all the time and the Lord responds to our prayers. “As soon as you began to pray, a word went out”…..we have that same promise. And yes, you are highly esteemed because you wear the robe of Jesus.

(Answers: lift, wound, trusted)

**Days 6-7**

Review the week and record any insights, any plan, any resolution, any anticipation that actually helped you this week \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Did you Yearn for God? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I’ll see you for our conclusion in Week 6!

**Week 6**

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This week we will conclude in a more general overview and reflection mode.

You can complete this at any pace you desire.

I want this time to be meaningful so that you can take the time to be still and hear from God.

You may not feel you won victory over your Giant yet. Think about why. Perhaps God is still doing some pruning of the things that are needed for that to happen. That’s ok!

I don’t believe that we can always determine how fast our Giant will fall. We have to be willing to do the work, act as soldiers who are disciplined and use the weapons we have been given: the Word of God and Prayer along with the community of believers who support us.

The Bible section will be long so you can break it up or do it all in one sitting

Read 2 Samuel 22 (I have inserted some headings to lead us into a discussion)

22 David sang to the Lord the words of this song when the Lord delivered him from the hand of all his enemies and from the hand of Saul. 2 He said:

[David knew Who His God is—That is Our God too : fill in his words]

“The Lord is my

* \_\_\_\_\_\_\_\_\_\_\_\_\_, my
* \_\_\_\_\_\_\_\_\_\_\_\_\_ and my
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_;

3 my God is my

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_, in whom I take
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, my
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and the
* \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

He is my

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, my
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and my
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—

from violent people you save me.

4 “I called to the Lord, who is worthy of praise,

and have been saved from my enemies.

[What threatened me before?]

5 The \_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ swirled about me;

the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ overwhelmed me.

6 The \_\_\_\_\_\_\_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ coiled around me;

the \_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ confronted me.

7 “In my distress I called to the Lord;

I called out to my God.

[What happens when we call out to God?]

From his temple he \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ my voice;

my cry came to his ears.

8 The earth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

the foundations of the heavens \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_;

they trembled because he was angry.

9 \_\_\_\_\_\_\_\_\_\_\_\_\_\_ rose from his nostrils;

consuming \_\_\_\_\_\_\_\_\_\_ came from his mouth,

burning \_\_\_\_\_\_\_\_\_\_\_\_\_\_ blazed out of it.

10 He parted the heavens and \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_;

dark clouds were under his feet.

11 He \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_the cherubim and flew;

he \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on the wings of the wind.

12 He made darkness his canopy around him—

the dark rain clouds of the sky.

13 Out of the brightness of his presence

bolts of lightning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ forth.

14 The Lord \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from heaven;

the \_\_\_\_\_\_\_\_\_\_\_\_\_ of the Most High resounded.

15 He \_\_\_\_\_\_\_\_\_\_\_\_\_\_ his arrows and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the enemy,

with great bolts of lightning he \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ them.

16 The valleys of the sea were exposed

and the foundations of the earth laid bare

at the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the Lord,

at the blast of breath from his nostrils.

17 “He reached down from on high and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_;

he drew me out of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ waters.

18 He \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ me from my powerful enemy,

from my foes, who were too \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_for me.

19 They confronted me in the day of my disaster,

but the Lord was my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

20 He brought me out into a spacious place;

he rescued me because he delighted in me.

[Read what is confounding in verse 21: David was not perfect but this is how God sees Him and sees YOU because of His great love:]

21 “The Lord has dealt with me according to my righteousness;

according to the cleanness of my hands he has rewarded me.

22 For I have kept the ways of the Lord;

I am not guilty of turning from my God.

23 All his laws are before me;

I have not turned away from his decrees.

24 I have been blameless before him

and have kept myself from sin.

25 The Lord has rewarded me according to my righteousness,

according to my cleanness[f] in his sight.

26 “To the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you show yourself \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you show yourself \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

27 to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you show yourself \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

but to the devious you show yourself shrewd.

28 You save the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

but your eyes are on the haughty to bring them low.

29 You, Lord, are my lamp;

the Lord turns my darkness into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

30 With your help I can advance against a troop;

with my God I can scale a wall.

31 “As for God,

* his way is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:
* The Lord’s word is \_\_\_\_\_\_\_\_\_\_\_\_\_\_;
* he \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ all who take refuge in him.

32 For who is God besides the Lord?

And who is the Rock except our God?

33 It is God who

* arms me with strength
* and keeps my way secure.

34 He

* makes my feet like the feet of a deer;
* he causes me to stand on the heights.
* He trains my hands for battle;
* my arms can bend a bow of bronze.

36 You make your saving help my shield;

your help has made me great.

37 You provide a broad path for my feet,

so that my ankles do not give way.

38 “I pursued my enemies and crushed them;

I did not turn back till they were destroyed.

39 I crushed them \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and they could not rise;

they fell beneath my feet.

40 You armed me with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for battle;

you humbled my adversaries before me.

41 You made my enemies turn their backs in flight,

and I destroyed my foes.

42 They cried for help, but there was no one to save them—

to the Lord, but he did not answer.

43 I beat them as fine as the dust of the earth;

I pounded and trampled them like mud in the streets.

44 “You have delivered me from the attacks of the peoples;

you have preserved me as the head of nations.

People I did not know now serve me,

45 foreigners cower before me;

as soon as they hear of me, they obey me.

46 They all lose heart;

they come trembling from their strongholds.

47 “The Lord lives! Praise be to my Rock!

Exalted be my God, the Rock, my Savior!

48 He is the God who avenges me,

who puts the nations under me,

49 who sets me free from my enemies.

You exalted me above my foes;

from a violent man you rescued me.

50 Therefore I will praise you, Lord, among the nations;

I will sing the praises of your name.

51 “He gives his king great victories;

he shows \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to his \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

to David and his descendants forever.”

Talk about the most descriptive battle and defeat of the Giant!

What do you take from this set of verses? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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As you read through this, I don’t want you to forget that what is written in these words, all of God’s promises, they are for us. They were not just for David and they were not because he was righteous in his own abilities. It came from God and He acknowledges that God delivered him. He continued to stand firm, fight and give praise to God.

This week, write your own version of what I have written these past weeks: (review the weeks)

PRAY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Plan: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Resolve: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Anticipate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Yearn: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Ephesians 6:10-20

Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God that you may be able to withstand in the evil day, and having done all, to stand.

Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.

No weapon forged against you will prevail --Isaiah 54:17

(Answers: rock, fortress, deliverer, rock, refuge, shield, horn of my salvation, stronghold, refuge, savior, waves of death, torrents of destruction, cords, grave, snares, death, heard, trembled, quaked, shook, smoke, fire, coals, came down, mounted, soared, blazed, thundered, voice, shot, scattered, routed, rebuke, took hold, me, deep, rescued, strong, support, faithful, faithful, blameless, blameless, pure, pure, humble, light, perfect, flawless, shields, completely, strength, unfailing kindness, anointed)

On Fire Fit

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