

Facing Your Giant

Lyris Bacchus, M.S, LMFT

One of my most favorite Bible stories is that of David & Goliath. I have fond memories singing “Only a Boy Named David,” in Sabbath School as a child and acting out the story Friday nights during family worship. Why are children so drawn to this story? It is because of the odds. David battled Goliath, the great Philistine giant, and won despite the insurmountable odds against him.

As adults we all have giants to face. For some it may be addictions, suicidal thoughts, or depression. For others it may be despair because of a debilitating illness or discouragement over a teenager gone astray. What do you do when you feel like you can't go on, like you don't want to wake up to face the next day? What do you do when you feel all hope is lost?

Face your giant! The story of David and Goliath gives us four principles to apply when the odds seem so much against us. First, name your giant. In I Samuel 17: 26, David calls Goliath what he is, “an uncircumcised Philistine” who was defying God. In our own lives, we sometimes have difficulty recognizing or taking responsibility for problems. Some we've created, some circumstantial, some were passed on to us. It is easier to ignore our problems or even blame others for them. It takes more courage to admit that you have a problem with pornography, or that you have an anger problem. It takes much more effort to cover things up and pretend that everything is all right. Name your problem. Look yourself in the mirror and say, “I have a problem with ____.” Admitting it out loud is the first step you can take when facing your giant.

Next, talk back to your giant. In I Samuel 17: 45-47, David actively defies Goliath. David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. This day the Lord will hand you over to me, and I'll strike you down and cut off your head. Today I will give the carcasses of the Philistine army to the birds of the air and the beasts of the earth, and the whole world will know that there is a God in Israel. All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord's, and he will give all of you into our hands." In prayer, tell your problem, your pain, that it will not triumph over you, that you come against it in the name of the Lord Almighty and that He will give you victory.

Third, take action. I Samuel 17: 48 tells us that David hurried and ran towards the army to meet Goliath. Don't shrink back from your giant. Too many people start off with good intentions to fix challenges in their lives only never to follow through. For some, this may mean confessing your sin and being accountable to a trusted friend. Face it head on! Don't be afraid to ask for help. As the body of Christ, we are all supposed to bear one another's burdens.

Fourth, persevere. Have you even wondered why David chose five stones from the brook and not one? Did he not have enough faith that God would give him the victory with just one stone? I believe David did have faith but he also was realistic. If it took the third stone to bring Goliath down it still would have been God's victory. We need to not give up; we need to keep trying and be persistent in the defeat of our giant. It may take a second time in rehab for you to overcome your drug habit or a year of counseling before your marriage is well on its way to repair after an affair. God wants us to keep trying. Romans 8: 37 tell us, "In everything we have won more than a victory because of Christ who loves us." Persistence grows character, character victory and victory faith. Don't be afraid to battle your giant. Know that God will give you victory over it. Keep trying and don't give up.

Lyris Bacchus Steuber is a Licensed Marriage & Family Therapist who has a private practice in the Orlando area. She can be reached at 407-417-7770