

Goliath Must Fall
Between Sessions Personal Study
1 September 19, 2021

Act : Write a letter

Write a letter to Jesus about his all-sufficiency, using either a separate sheet of paper or your journal. You can express questions you still have about what it means. You can thank him for being enough to defeat Satan and everything that comes against you. You can confess to him the other things you often turn to for dealing with the challenges in your life. Tell him any areas of your life where you're struggling, and ask him to help you know that he is all-sufficient for these concerns. You can talk with him about any of the ways you are experiencing the deadliness of your enemy, and ask him to help you know that your enemy is really dead for good.

Feel free to be entirely candid and blunt with what you write. If you aren't yet able to understand that he is all-sufficient for everything life throws at you, say so. The psalmists were very blunt in the way they poured out their hearts to the Lord.

Worship : Offer your body

One of the best things you can do to give God full access to your life and your heart is to worship him. Worship puts you in an open posture so that the Holy Spirit can go to work in the deep places of your soul. In Romans 12:1, the Apostle Paul writes, "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship." So, for today's worship experience, you're going to offer your body to God.

Stand with your arms outstretched. Beginning with your feet, offer the parts of your body to God as instruments of righteousness (Romans 6:13). Pray aloud if possible. Say something like, "Jesus, I offer my feet to you. Let them take me only into places that are pleasing to you. Help me to walk as you walk. The gospel of peace is like my stabilizing and protective boot (Ephesians 6:15). I offer my legs to you. Let them support me as I stand firm in faith and as I run in the pathway of your commands.

Pay particular attention to parts of your body that are related to ways you've experienced the continued deadliness of your enemy. For example, if you've struggled with negative thoughts, address that when you offer your mind to God so that you can focus on "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable" (Philippians 4:8).

Take your time. When you're finished, allow a couple of minutes to rest in God's presence.

Take note of how God uses this activity to speak to you. Write a few sentences about it to share with the group next week.

Proclaim : Share the news

If you're getting something out of this study, don't keep the news to yourself. One great way to worship God is to proclaim what you know about him to others. "As for me, I will declare this forever ; I will sing praise to the God of Jacob" (Psalm 75:9). You might tell a friend what you've learned about David and Goliath or about Jesus' all-sufficiency or about your enemy being dead but still deadly. You might confide in someone about a giant in your life and ask them to pray for you.

After you share your insight with someone, make a few notes about how it went so that you can report back to your group next week.