

Goliath Must Fall
Session # 2 Summary
Crossroads Church
September 26, 2021

This second session of our Sunday night series, entitled "Fear Must Fall," was challenging and rewarding at the same time. The focus was on the fact that Goliath taunted the Israelites relentlessly over a long period of time (40 days and nights), and in doing so he created fear within them.

What keeps us up at night ? What fears do we have ? Here are some initial responses from our group :

- fear of the alarm not going off ; fear of being late ☺
- concern about losing my job (especially with possible vaccination mandates being talked about)
- a problem of overthinking things ; fear of failure, and worries about the effects of past failures
- sudden fears ; the fear of a phone call in the middle of the night with bad news
- the fear of forgetting to do something
- fears of the past

Some main points from the video session :

- There are 365 verses in the Bible that say, essentially, "Do not fear." Fear has a presence in all our lives. God is trying to impress upon us the possibility of being set free from it.
- Some of us grew up in, or have lived in, an ongoing climate of fear. "Something bad will probably happen all the time."
- A fear we sometimes don't recognize, or identify, in our lives : "I'm afraid I will be discovered for who I really am. What will I do when people discover the 'real' me ?"
- People who have controlling personalities may be the most fearful people of all. They feel a need to constantly manage information, relationships, and outcomes. Underneath control is a giant of fear.
- Fear is perhaps the #1 way a giant can conceal the glory of God in our lives.
- Depression / anxiety is a symptom of something, probably fear. At the very bottom of depression is probably a broken relationship. We are in need of naming our specific fears, not just calling it "anxiety" or "depression."
- "Fear is not faith in God, but faith in the enemy."

Our Reactions / Discussion :

- There was some questioning and discussion of Giglio's approach to depression and anxiety. Does he minimize the legitimate feelings of depression and anxiety by implying we must always dig deeper to identify what lies beneath it ? He seemed to imply that depression was not a real thing but only the symptom of something.
- There is still some struggle with understanding what it means to roll all our giants (in this instance, fear) off on the Lord, and to let Jesus be our "David." There is within us a desire (a need ?) to do something ourselves. The emphasis in the study so far is on letting Jesus win the battle. How, specifically, do we

do that ? Reliance on God's Word is an important part as concerns fear. Some shared specific Bible passages that help them in times of fear.

- Sometimes we conceal our fears because others expect us to be strong, or because – particularly in a family context – we think others need us to appear strong.
- We had a good discussion on the question “What makes a group, or church, a safe place for someone to confess things that are causing him/her anxiety ?” Sharing areas of vulnerability is not commonplace, even in a church or small group setting. Avoiding judgments, and avoiding the impulse to “fix” the person's problem, seem to be helpful parts of creating a safe place for sharing.