

Slaying Giants

FINDING
YOUR COURAGE
AND CONQUERING FEAR

DARLENE SCHACHT
NEW-YORK TIMES BEST-SELLING AUTHOR

Tme-Warp Wife Ministries



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Slaying Giants: Finding Your Courage and Conquering Fear

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*If you wake up feeling fragile, remember that God is not,
and then trust him to be everything you need today.*

– John Piper

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About the Author



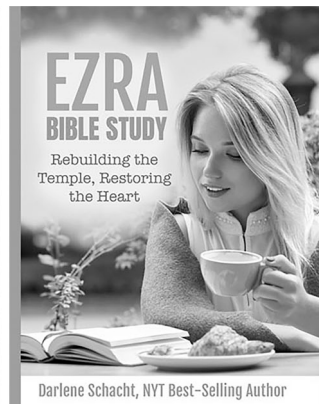
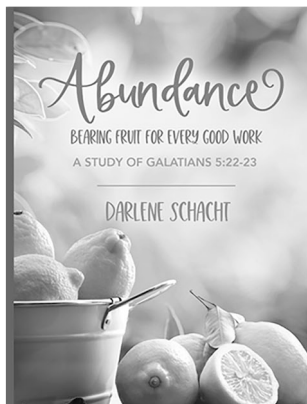
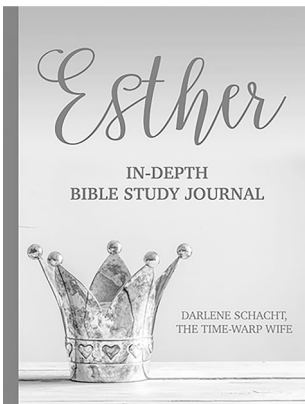
DARLENE SCHACHT is an award-winning and *NY Times* best-selling author. She is the founder of Time-Warp Wife Ministries, an online publication that encourages women to live Christ-centered lives. Her passion for scripture and hunger for truth is the driving force behind a unique ministry that offers Bible studies and daily marriage prayers.

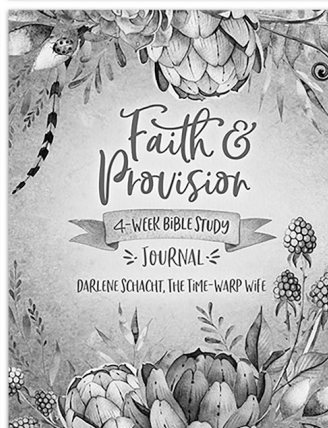
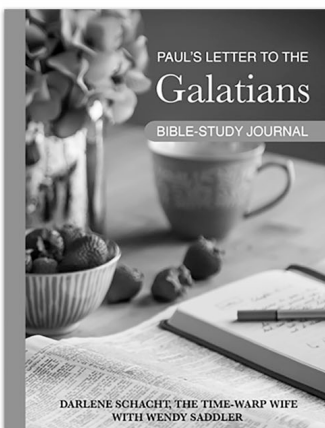
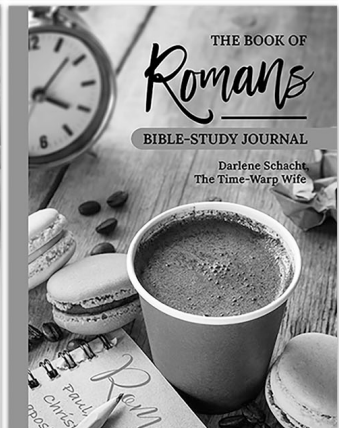
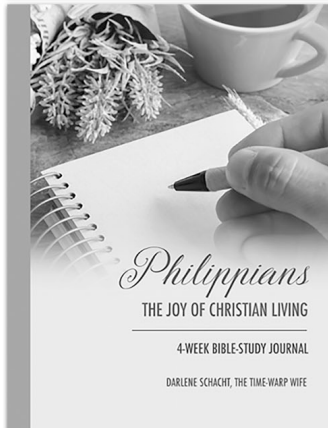
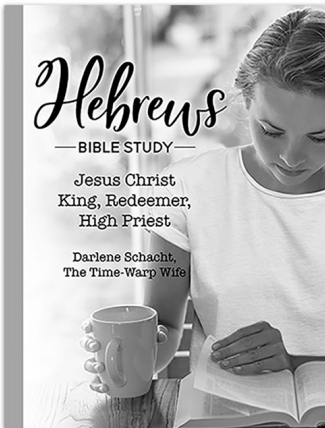
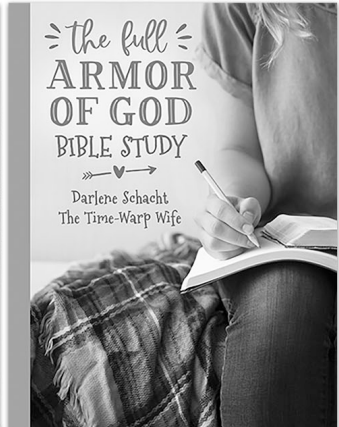
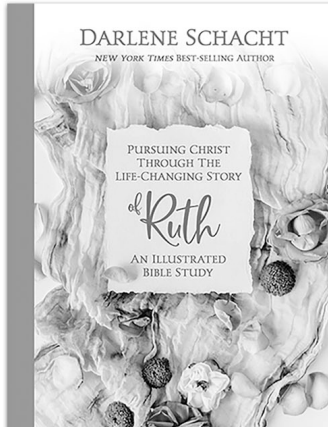
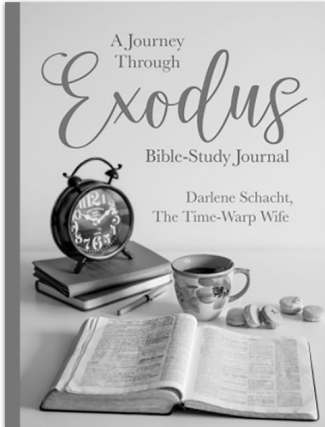
She began her publishing journey in 2011 working alongside actress/author Candace Cameron Bure to publish *Reshaping it All: Motivation for Spiritual and Physical Fitness*.

With a passion for Jesus, Darlene continues to write, sharing the gospel with countless women around the world.

Visit Darlene's blog at TimeWarpWife.com to find Bible studies, devotionals, and daily marriage prayers.

Other Studies by Darlene Schacht







Trust in the Lord with all your heart and
lean not on your own understanding;
in all your ways submit to him, and
he will make your paths straight.

Proverbs 3:5-6

Chapter One

LEARNING TO LEAN

Read: 1 Samuel 17 & Numbers 13



Two years ago, I had myself an anxiety attack. A full out knee-knocking, heart-pounding, mind-racing day when all I wanted to do was crawl back into bed and stay there, for a decade or two. I'd never experienced fear like this before—at least not physically. But there I was pacing the floor, gasping for air, and desperately needing a hug.

Shortly after, Michael came home, and as per usual he brought light to my life. You see, my husband has a way of comforting me. He's like a tub of Rocky Road ice cream at the end of a horrible day. He's thick-skinned and wise, taking difficulties in stride while I am more of a mull-it-over-until-I'm-terrified kind of girl—or at least I was that day.

We prayed together, and while I decided to leave it all in God's hands, I didn't quite follow through. Day two was bad, and day three even worse... I was facing a giant and I wasn't prepared.

You see, confrontation is my Achilles' heel. You can throw pretty much anything at me, and I'm rock solid, but tell me that someone is angry with me, and I fold like a dollar-store lawn chair.

It's not good. Trust me, I know. The Bible is clear when it comes to the topic of fear and trusting God in all situations, yet somehow spiders, heights, snakes, roller coasters, and angry people find a way to wiggle their way in and disrupt our otherwise peaceful lives.

WE ALL EXPERIENCE FEAR

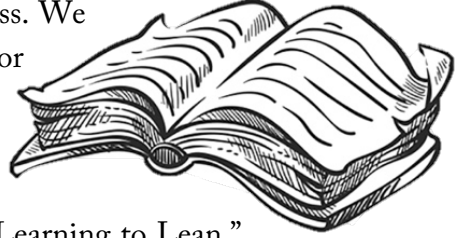
Looking to the Bible, we find several people who experienced fear in one way or another:

- Elijah was afraid of the soldiers sent by Jezebel
- David was afraid when Saul was seeking to kill him
- Jeremiah was afraid of the king of Babylon
- Moses was afraid when he killed the Egyptian
- Abraham was afraid when he went to Egypt with Sarah
- Jacob was afraid that Esau would kill him
- Gideon was afraid of his family and the men of the town
- Hezekiah was afraid of the armies of Assyria
- Peter was afraid to be recognized as a follower of Christ
- The disciples were afraid of the storm on the sea
- The disciples were afraid of the Jewish leaders after the crucifixion of Christ

We all experience fear, but we don't have to be ruled by that fear. That's what this book is about. Overcoming our fear and walking in faith.

It starts by digging into the Word to learn from the faithful ones who have gone on before us, while leaning on the wisdom of God.

There are times when His wisdom doesn't make sense to us, like the day Elisha told Naaman to go wash himself in the Jordan River seven times, or how Jesus waited two days before going to see Lazarus, even though he knew of his illness. We might wonder where God is taking us or how our situation could work out for the good. But nevertheless, we practice leaning again and again.



You might remember the old hymn “Learning to Lean,” by Jeannie Vee Clattenburg. If you don't know the hymn, look it up on YouTube, and let the words sink in. In the first verse she writes,

Learning to lean

Learning to lean

I'm learning to lean on Jesus

Finding more power than I've ever dreamed

I'm learning to lean on Jesus

The more we lean, the more we grow, and as we grow, we discover the strength of His unfailing power. A power that moves us, leads us, and enables to step out in faith and conquer our fear.

Moses Leaned on the Lord

Back in the day, we didn't have all that much when it came to television. For years, we had three channels on a black and white TV with “rabbit ears” that we had to adjust. By the mid 70s, technology advanced, and with it we saw Charlton Heston raising his rod and parting the sea in full color. In fact, we got to watch it every year around Easter.

Whenever I picture Moses, I also picture him holding a staff. As you read through the Exodus story you see it mentioned again and again, but why? Why was it mentioned so often? And what was the significance, if any, behind it?

The answer is two-fold. The first being that the staff represents the power and the authority of God. He used it to bring forth the plagues, he used it to part the Red Sea, he used it to produce water from a rock, and he used it to strengthen the Israelites in the war against the Amalekites. Moses carried it with him, in the same way that you and I carry the power of God within us.

The second reason the staff was an important part of the story is that it represented his dependence on God. Notice the use of the word staff in Isaiah 36:6, "I know you are depending on Egypt, that splintered reed of a staff, which pierces the hand."

The staff is a symbol of those things we rely on. As Moses carried the staff, he was leaning on God for support in the same way that Jacob leaned on his staff to worship the Lord.

By faith Jacob, when he was dying, blessed each of Joseph's sons, and worshiped as he leaned on the top of his staff. (Hebrews 11:21)



Charles Spurgeon once said,

"The Puritans were accustomed to explain faith by the word "recumbency." It meant leaning upon a thing. Lean with all your weight upon Christ. It would be a better illustration still if I said, fall at full length, and lie on the Rock of Ages. Cast yourself upon Jesus; rest in Him; commit yourself to Him. That done, you have exercised saving faith."

TRANSFORMING POWER

Ephesians 4:23 talks about being renewed in the “spirit” of our mind. It’s not the intellectual part of our mind that’s transformed, it’s the way that we view the world. It’s a mindset where every decision we make flows through that funnel of faith.

The spirit of our mind is strengthened over time as we rely on God and walk in His will. It’s being able to say, "Whether this turns out the way that I hope it will, or it all goes terribly wrong, I’m okay because I know that God’s in control."

Now, before you think it’s all about us and the work that we do, let’s look at the words of Paul here,

Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost. (Titus 3:5,)

An example of this transforming power is clearly seen in the life of Peter as God took him from a place of fear to one of courageous faith. On the night Jesus was betrayed, we read that Peter followed at a distance. And, when a servant girl asked if he knew Jesus, Peter denied Him three times. By Acts Chapter 2, we see that a transformation took place in his life.

In Acts 4:29, the disciples prayed, “Now, Lord, consider their threats and enable your servants to speak your word with great boldness.”

“Transformation is a profound, blood-bought, Spirit-wrought change from the inside out”. (John Piper)

This feeling of peace and heightened level of courage doesn't happen because we're powerful, daring, or strong. It comes from our reliance on Jesus, and the Holy Spirit at work in our lives.

PAUSE FOR A MOMENT AND SAY
THESE WORDS OUT LOUD:

"GREATER IS HE THAT IS IN ME THAN
HE THAT IS IN THE WORLD."

OBSERVING THE PROPHETS

We're told that faith comes by hearing and hearing by the word of God. And so, it's important to study the Word. Not that we would have hope in the prophets we read about, but that we would have hope in the God that they serve, by observing and learning from them.

As we observe the prophets, we see that the faithfulness of God held and protected them. We see that throughout scripture God used the flawed and the few so that we might see His mighty hand at work in their lives.

Imagine how David felt before facing the giant. Was he afraid? Was he facing a giant within before he stood face-to-face with Goliath? Afraid or not, he stepped out in faith, conquered the giant, and brought glory to God.

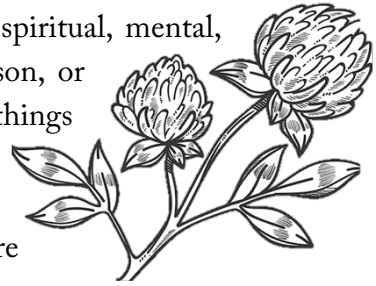
Every one of the stories or struggles that we read about David was a teaching tool in his life designed to strengthen His faith and draw Him closer to God. Any time he went up against Goliath or Saul he courageously chose faith over fear.

DID YOU KNOW

DAVID'S NEPHEW ALSO KILLED A GIANT. (2 SAMUEL 21) IT GOES TO SHOW YOU THAT COURAGE IS CONTAGIOUS!

OUR CHOICES MAY STING

Giants come in many forms. They may be spiritual, mental, physical, or financial. They might be a person, or they may be a problem, but there are two things they all have in common. One is that they threaten our sense of peace, and the other is that they are bread to our soul. We'll talk more about this in the next chapter.



Some days I feel like I'm facing a giant—an insurmountable problem that won't go away. If I face it, I'm taking a risk. If I put myself out there, I might get hurt. If I try, I could fail... And so, I'm left with a choice. I can shrink away from my fear, or I can run toward it trusting that God has a plan.

Courageous faith is willing to say:

- I might get hurt, but I won't be crushed.
- They might not accept it, but I'll try to make peace.
- I might get rejected but I'm choosing love.
- I could get shut down, but I'm going to try.
- This might not be easy, but God's in control.

WE'RE NOT FIGHTING ALONE

Courageous faith tells me that I'm not fighting this battle alone. He goes before me, He's with me, and He'll never leave or forsake me. He goes before us to fight before we even arrive. He softens hearts, opens doors, shuts down the enemy, and gives us faith over fear.

Throughout scripture, God instructs His people to be courageous, and like a shield that stands before a warrior, He stands between us and the enemy.

We've all heard the miraculous story of the parting of the Red Sea. Hemmed into a section of land with the desert on one side and the sea on the other, the Israelites stood firm while 600 chariots raced on in pursuit. As you consider their victory, notice how God positions Himself between Israel and the enemy.

Then the LORD said to Moses, "Why are you crying out to me? Tell the Israelites to move on. Raise your staff and stretch out your hand over the sea to divide the water so that the Israelites can go through the sea on dry ground. I will harden the hearts of the Egyptians so that they will go in after them. And I will gain glory through Pharaoh and all his army, through his chariots and his horsemen. The Egyptians will know that I am the LORD when I gain glory through Pharaoh, his chariots and his horsemen."

Then the angel of God, who had been traveling in front of Israel's army, withdrew and went behind them. The pillar of cloud also moved from in front and stood behind them, coming between the armies of Egypt and Israel. Throughout the night the cloud brought darkness to the one side and light to the other side; so neither went near the other all night long. (Exodus 14:15-20)

That thing you're worried about tomorrow, that issue you've been avoiding for a week, that problem you're anxious about today... it's all safe in His hands. In fact, God knew it was all going to happen before you were born.

The Bible tells us,

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. (Psalm 139:16)

THESE GIANTS ARE NO MATCH FOR GOD

I have no doubt that the reason behind the story of David and Goliath is to strengthen our faith and bolster our courage. I'm not surprised that David turned down the offer of Saul's armor or that Goliath wore a coat of armor weighing five thousand shekels. Again, it's no surprise that the point on his spear weighed six hundred shekels. And of course, we know that one was a boy and the other a giant. Those details are important because they remind us that the most powerful giants among us are no match against the power of God. Even when that power is funnelled through a young shepherd boy. The faithful, like David and Moses inspire the weakest among us to put fear aside and to lean on the power of God.

DID YOU KNOW

**1000 SHEKELS IS EQUAL TO 25.13 POUNDS,
WHICH MEANS THAT GOLIATH'S ARMOR
WEIGHED ABOUT 125 POUNDS.**

Imagine the power you have when God's on your side. The impossible is always possible when He calls you to act. If He's called you to it, He will see you through it.

WALK BY FAITH NOT BY FEELING

Don't let your fear or your weakness keep you from doing God's work. Remember David was just a boy when he killed the giant. Moses was slow of speech when he led the Exodus out of Egypt. Abraham was too old to have children when Isaac was born. Paul was a well-known sinner persecuting Christians beyond measure when God called Him to be an apostle to the Gentiles. God used the weak and the few to show His mercy and power through His saving grace.

Was Jesus afraid? He was afflicted, that much we know. He wept and He was in agony, but knowing the journey ahead, He was still ready and willing to say, "Not my will but Thine be done."

There are some days when I feel more like hiding in my backyard behind a good book than stepping into the spotlight and sharing my faith, because I know there's a good chance I'll get hurt. But wanting and doing are two different things. When we walk by faith we step aside as we invite the power of God to do what we're not able to do on our own.

TRADING GOD'S WISDOM FOR OUR'S

Trading His wisdom for ours can be a little tricky and fearful at times. We're so used to thinking that we're manning the ship, but have you ever noticed how often that ship goes off course?

Stop for a minute to think about this past week. Did every day go as planned? I'm willing to guess that more often than not it didn't. I wake up to changed plans all the time. Just this morning in fact, I got a text that a friend was coming over with her six kids and my daughter was joining us with two more. A house full of children was a welcome departure from the original plan of a quiet day writing outside on the deck.

Yesterday my plans for the day changed again when I got a phone call early in the morning. My daughter asked me to babysit for the day so that they could take the quads out for a ride. Even their plans changed when they found themselves stuck in the middle of a swamp, having to be rescued. It turns out that I didn't get home until 3am.

My point in all of this is that we're not writing the script, God is. He sees today, He sees yesterday, and He sees tomorrow. He sees the heart and the flesh, He sees the struggle, He knows what next year will bring before the sun sets today. Sure, we can make plans, but what happens tomorrow is out of our hands.



THE 12 SPIES

Being courageous doesn't mean that we won't get hurt. In fact, if we're sharing our faith there's a good chance that we'll be facing a giant and we might get some stones thrown our way. Even so, the courageous move forward in faith.

Looking at Numbers Chapter 13, we see that Moses sent out 12 men to explore the land of Canaan. Moses had questions for them: What was the land like? What were the people like? Was the city

fortified? Was the soil good? As they planned to invade the land, they needed to know what lay ahead.

After 40 days, the 12 men returned to report what they saw. While the land was flowing with milk and honey, crossing into the land would be met with difficulty. And so, instead of putting their faith in the power of God, ten of them foolishly chose to rely on their strength.

Two of them, on the other hand, looked forward with faith. They believed in the power of God, and knew that with Him on their side, nothing could stand in their way.

DID YOU KNOW

ACCORDING TO JEWISH HISTORY,
THE 12 SPIES RETURNED ON THE 9TH
OF AV (TISHA B'AV). THIS IS A DARK DAY
ON THE JEWISH CALENDAR AS IT'S ALSO
THE DAY THAT THE FIRST AND SECOND
TEMPLES WERE DESTROYED.

Much like the men in this story, we all have decisions to make when it comes to our future. We have to decide if we're walking in faith or walking in fear. As we continue to go through this study, we'll look at faithful men and women throughout scripture who exercised courage and strength. As we study them, let's remember that these were ordinary people, and that the real hero in all of this was the Lord working in and through them to fulfill His purpose.

PAUSE REFLECT

Fill in the spaces:

Moses answered the people, "Do not ____
_____. Stand firm and you will see the
deliverance ____ _____ will bring you today. The
Egyptians you see today you will never see again.
(Exodus 14:13)

The LORD will _____ _____; you need
only to ____ _____. (Exodus 14:14)

The Egyptians will know that ____ _____
_____ when I _____ _____ through
Pharaoh, his chariots, and his horsemen.
(Exodus 14:18)

What took place between the night Peter denied Jesus and the transformation we see in Acts Chapter 4? (See Acts 4:31)

What does Proverbs 16:9 say? Write the verse out here:

God is always directing your steps. Can you think of any redirection He gave you this past week?

What does Philippians 2:13 say?

Can you think of a particular time when you were afraid to face a situation or person? What or who were you afraid of?

How was the attitude of the ten spies different from that of David? (See Numbers 13:31 & 1 Samuel 17:47)

Look up 1 Samuel 17:45. What weapons did Goliath have, and what was David's defense?

What message did David want to send to those watching the battle? (See verse 47)

What did David do as Goliath moved closer to him? (See verse 48)

Consider the words of Goliath in verse 9. What might this tell us about overcoming our fear? (If you're not sure, you can find a hint in "Week 6, Refiner's Fire")

James 4:13 talks about those who assume they know what tomorrow will bring, but verse 15 shows us a better way of thinking. What is it?