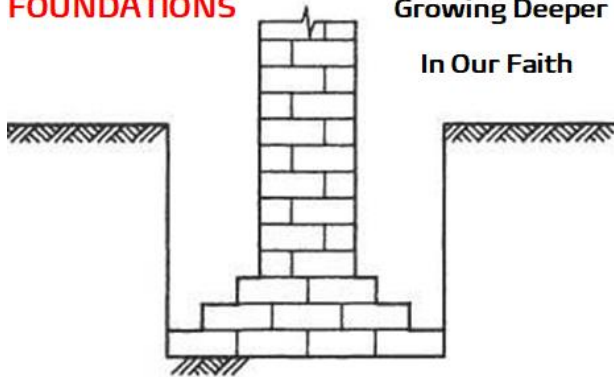


FOUNDATIONS



Psalm 11:3 (NKJV) ³If the foundations are destroyed,
What can the righteous do?

Foundations Bible Study for the week of September 27, 2020

- Read the Foundational Truth Text: I Samuel 17:41-51
- Today's Message from: Kewon Foster – Out of Love Ministries, Atlanta Ga.
- Watch the Foundational Truth Video and use the outline below as you watch:

<https://youtu.be/XdwmWgWjZw>

Sermon: "How to defeat a giant"

STUDY NOTES:

- A giant can come in many forms; fear, terror, something that causes us to lose sleep, something that causes anxiety and/or stress; unforgiveness and anger, substance abuse, physical health issues, sexual immorality, domestic violence, etc.
- I. **We have to depend on God's strength and not our own.** - (*Psalms 46:1; Exodus 15:2; Ephesians 6:10*)
 - II. **We have to move forward with urgency (and attack the enemy).** - (*Hebrews 4:12; 2 Tim 3:16, Psalm 119:11*)
 - III. **We will have to be equipped by the Lord in order to win the battle.** - (*David was anointed by God*) (*Luke 22:44; John 19:30; Phil 2:8-11*)

Reflections Questions:

1. What giant in your life are you currently facing? How are you trying to overcome (or defeat) this giant?
2. Why do we believe that we can defeat the giants in our lives in our own power?
3. Do you believe that most Christians really believe that the devil is out to destroy us? What is the basis for your conclusion?
4. Do you have a strategy for battling the enemy? What does that strategy look like?
5. Where does our strength come from?
6. Are we able to win the battle?