



LifeGroup Discussion Packet

David & Goliath - Facing Giants

Series: David: A Heart After God

Ephesians 1 Samuel 17:1-58

August 1 & 2, 2026

LifeGroup Discussion Guide

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Main Idea:

A heart after God does not see smaller giants. It sees a greater God.

Key Verse:

“You come to me with sword, spear, and javelin, but I come to you in the name of the LORD of Heaven’s Armies.” 1 Samuel 17:45 (NLT)

Warm-Up Question:

What is something that felt intimidating to you at first, but became less overwhelming once you took the first step?

Discussion Questions:

1. This message defined a giant as “anything that stands in front of you and makes you feel small.” What are some of the most common “giants” people face today?
2. Read 1 Samuel 17:8-11. Goliath’s words caused Saul and Israel to become terrified and deeply shaken. Why do you think repeated fear can become so powerful in our minds and hearts?
3. The message challenged us to stop giving fear the microphone. What is one fear, worry, or worst-case scenario that can easily become too loud in your life?
4. Read 1 Samuel 17:26. David heard the same threat everyone else heard, but he interpreted it differently. What did David see that Saul and the soldiers were missing?
5. David remembered how God had helped him with the lion and the bear before he faced Goliath. Why is remembering God’s past faithfulness so important when we face something new?

6. Read 1 Samuel 17:38-40. Saul tried to give David his armor, but David could not fight in something that did not fit him. What are some examples of “borrowed armor” people try to wear today?
7. The message reminded us that borrowed armor always becomes a burden. Where do you feel pressure to compare yourself, impress others, or become someone God never called you to be?
8. Read 1 Samuel 17:45-47. David did not answer Goliath with self-confidence. He answered with God-confidence. What is the difference between those two kinds of confidence?
9. David ran toward the battle line before the giant fell. What step of obedience might God be asking you to take before you see the outcome?
10. The message pointed us beyond David to Jesus, the greater Son of David. How does Jesus’ victory over sin, death, hell, and the power of Satan give us hope when we face battles we cannot win on our own?

Going Deeper:

The message challenged us with this thought, “You may not choose the giant that stands in front of you, but you can choose the voice you trust, the faithfulness you remember, the armor you refuse, and the step you take.”

Which part of that sentence speaks most directly to your life right now?

- The voice you trust
- The faithfulness you remember
- The armor you refuse
- The step you take

Why?

Next Step:

This week, take a few minutes to identify one giant that has been loud in your life. Write down what that giant has been saying, then write down one truth from God's Word that speaks louder.

Then ask God to show you one step of obedience you can take this week. It may be a prayer, a conversation, an apology, a confession, a request for help, a step toward counseling, or a decision to stop pretending and trust God with what He has already placed in your hands.

When the giant gets loud, do not rehearse the threat. Remember God's faithfulness. Refuse borrowed armor. Step forward in the name of the Lord.