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# FACING THE GIANTS - WEEK # 1

## Week # 1: Naming Your Giant



We've all got them. They look big and if we allow them, cause us great fear. David shows us we can look at our giants through the eyes of faith rather than the eyes of fear. During this Renovation Series we will explore our fears and how to overcome them.

### DISCUSSION QUESTIONS

1. What is the greatest giant (fear/struggle/worry) you are facing in your life right now? How long have you been battling this giant, and what successes/failures have you had thus far in the battle?
2. **Read Psalm 77:1-3.**

Over the next few weeks, we will be studying Psalm 77. The psalm is a lament - a cry out to God in a time of anguish, anxiety, or even despair. The psalm is attributed to Asaph who was an appointed worship leader by King David.

How does Asaph envision the role our fears, struggles, or worries play in the midst of worship (Ps 77:1-3)? Do you give your fears, struggles, or worries to God in worship - how so, or why not?

3. One of the key components of Psalm 77:1-3 is "crying aloud." To gain deeper meaning "crying aloud," read these passages: Exodus 22:23, Deuteronomy 26:7, Psalm 107:6, Matthew 14:26-27.

**Re-Read Psalm 77:1.** What does Asaph say about God's response to us as we cry aloud to him? Considering the other passages we've read, what else can we say about God's response to us when we cry aloud? Describe your experiences of God's response when you've cried aloud to God.

4. On Sunday, we worked on the first step of facing our giants: NAMING them. How might "crying aloud" to God in 77:1, be a way of naming the giants that create "the day(s) of trouble" in our lives (see Psalm 77:2)? How have you been crying aloud to God about your giant(s)?
5. Whatever fears or struggles you face in life, NAMING them is of utmost importance. When we name our fears or struggles and freely share them with God, it not only involves divine help from God, but it also clearly frames what it is that we are afraid of or that with which we are struggling. While we may not experience immediate response (See Psalm 77:2) God does give us clarity of vision to see what specifically the problem is all about. **As you have NAMED your fears/struggles, pray for each other to cry aloud to God and to seek help and grace.**

### BE THE REVOLUTION

When we cry aloud to God about the giants in our lives, he will hear us.

### RENOVATING THE HEART

*I cry aloud to God, aloud to God, and he will hear me. (Psalm 77:1).*