

GIANTS

Battlefield 4.0 | GATH

OVERWHELMED | WHEN YOU'RE AT THE BREAKING POINT

2 Samuel 21:20-22

20 In still another battle, which took place at **Gath**, there was a huge man with six fingers on each hand and six toes on each foot—twenty-four in all. He also was descended from Rapha. **21** When he taunted Israel, Jonathan son of Shimeah, David's brother, killed him.

22 These four were descendants of Rapha in Gath, and they fell at the hands of David and his men.

Gath = wine press

Exadactylous = six fingers and six toes

"I think you ought to know about the trouble we went through...We were crushed and completely overwhelmed, and we thought we would never live through it." 2 Cor. 1:8 (NLT)

WHAT DO WE DO WHEN WE ARE IN GATH AND OUR GIANT PROBLEMS SEEM BIGGER THAN NORMAL?

1. VENT YOUR FRUSTRATION.

"Pour out your heart to God, for He is our refuge." Ps. 62:8 (NIV)

"In my distress, I said, 'God cannot see me!' But You heard my prayer when I cried out to You for help." Ps. 31:22 (NCV)

2. RESIST BECOMING BITTER.

"Watch out that no bitterness takes root among you... It causes deep trouble, hurting many in their spiritual lives." Heb. 12:15b (LB)

“No matter what happens, always be thankful, for this is God’s will for you.” 1 Th. 5:18 (LB)

3. RECEIVE HELP FROM OTHERS.

“By helping each other with your troubles, you obey the law of Christ.” Gal. 6:2 (NCV)

“Encourage each other and give each other strength.” 1 Th. 5:11 (NCV)

4. REFOCUS ON CHRIST.

“When I had lost all hope, I turned my thoughts once more to the Lord.” Jonah 2:7 (NLT)

3 Things To Focus On

A. READ GOD’S WORD

“As pressure and stress bear down on me, I find joy in Your commands.” Ps. 119:143 (NLT)

B. REMEMBER GOD’S GOODNESS

“I would have despaired unless I had believed that I would see the goodness of the Lord ... Be strong, and let your heart take courage; wait for the Lord.” Ps. 27:13-14 (NAS)

C. RELY ON GOD’S POWER

“... We saw how powerless we were to help ourselves; but that was good for then we put everything into the hands of God, who alone could save us, for He can even raise the dead.” 2 Cor. 1:9 (LB)

5. REFUSE TO GIVE UP!

2 Corinthians 11:23-28 (NLT)

23 Are they servants of Christ? I know I sound like a madman, but I have served him far more! I have worked harder, been put in prison more often, been whipped times without number, and faced death again and again. 24 Five different times the Jewish leaders gave me thirty-nine lashes. 25 Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked. Once I spent a whole night and a day adrift at

sea. 26 I have traveled on many long journeys. I have faced danger from rivers and from robbers. I have faced danger from my own people, the Jews, as well as from the Gentiles. I have faced danger in the cities, in the deserts, and on the seas. And I have faced danger from men who claim to be believers but are not.[a] 27 I have worked hard and long, enduring many sleepless nights. I have been hungry and thirsty and have often gone without food. I have shivered in the cold, without enough clothing to keep me warm.

28 Then, besides all this, I have the daily burden of my concern for all the churches.

“Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you’ll recover your life. I’ll show you how to take a real rest. Walk with Me and work with Me – watch how I do it. Learn the unforced rhythms of grace...”

Matt. 11:28-29 (Message)