

LEVEL UP – WEEK 3 — FACE YOUR GIANTS
Father's Day • June 21, 2026

“Every one of us faces giants—fear, temptation, insecurity, addiction, bitterness, compromise, discouragement, and unbelief.”

TEXT: 1 Samuel 17

You cannot LEVEL UP while refusing to deal with what keeps dragging you back down.

Some of us aren't fighting a giant in front of us. We're fighting a giant we've allowed to continue living in us.

WHAT IS YOUR GIANT?

☐ Fear ☐ Pride ☐ Addiction ☐ Bitterness ☐ Unforgiveness ☐ Lust ☐ Comparison ☐ Offense
☐ Jealousy ☐ Insecurity ☐ Self-pity ☐ Shame ☐ Other: _____

“Whatever or whoever controls you will eventually limit you.”

NOTES:

KEY SCRIPTURES: 1 Samuel 17:10 “I defy the armies of Israel this day...”

Proverbs 23:7 “As he thinketh in his heart, so is he.”

2 Corinthians 10:4–5 “For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds...”

#1 THE GIANT'S REAL WEAPON

Goliath's greatest weapon wasn't his size. —**IT WAS HIS INFLUENCE.**

The enemy doesn't have to destroy you if he can control you.

For 40 days:

• Nobody died. • Nobody advanced. • Nobody obeyed. • Fear controlled the future

“Not destroyed — just controlled.”

#2 HOW DO I KILL THE GIANT?

1. IDENTIFY IT

“You can’t defeat what you won’t admit.”

David said: “Who is this uncircumcised Philistine...” (1 Samuel 17:26)

Stop excusing it & Call it what it is.

My giant is:

2. SURRENDER IT TO JESUS

David said: “The battle is the Lord’s...” (1 Samuel 17:47)

Freedom begins when we stop trusting ourselves and start trusting Jesus.

3. STOP FEEDING IT

“I refuse to entertain it any longer.”

- Change environments
- Change influences
- Bring accountability
- Expose darkness to light

Stop protecting what God is trying to remove.

4. END IT — THEN KEEP MOVING FORWARD

Freedom is not just a moment—
it’s a lifestyle.

DAILY NEXT STEPS:

- ☐ Read God’s Word ☐ Pray ☐ Worship
- ☐ Stay faithful to church ☐ Stay accountable ☐ Follow Jesus daily

Today is your Day 41.

Not because the giant changed—Because you’re finally ready to face it.

Identify it. — Surrender it. — Stop feeding it. — Follow Jesus.