

- 1 Samuel 17v2- Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines. v4 A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was 9 ft. 9 in.
- v8-11- Goliath stood and shouted to the ranks of Israel, “Why do you come out and line up for battle? Am I not a Philistine, and are you not the servants of Saul? Choose a man and have him come down to me. 9 If he is able to fight and kill me, we will become your subjects; but if I overcome him and kill him, you will become our subjects and serve us.” 10 Then the Philistine said, “This day I defy the armies of Israel! Give me a man and let us fight each other.” 11 On hearing the Philistine’s words, Saul and all the Israelites were dismayed and terrified.
- v.24- Whenever the Israelites saw the man, they all fled from him in great fear.
- v.26- Who is this uncircumcised Philistine that he should defy the armies of the living God?”
- v.32 David said to Saul, “Let no one lose heart on account of this Philistine; your servant will go and fight him.”
- v.43- “Am I a dog, that you come at me with sticks?” And the Philistine cursed David by his gods. 44 “Come here,” he said, “and I’ll give your flesh to the birds and the wild animals!” 45 David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. 46 This day the Lord will deliver you into my hands, and I’ll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. 47 All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord’s, and he will give all of you into our hands.” 48 As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. 49 Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground... 51 David ran and stood over him. He took hold of the Philistine’s sword and drew it from the sheath. After he killed him, he cut off his head with the sword. When the Philistines saw that their hero was dead, they turned and ran. 52 Then the men of Israel and Judah surged forward with a shout and pursued the Philistines to the entrance of Gath and to the gates of Ekron. Their dead were strewn along the Shaaraim road to Gath and Ekron. **53** When the Israelites returned from chasing the Philistines, they plundered their camp. 54 David took the Philistine’s head and brought it to Jerusalem; he put the Philistine’s weapons in his own tent.
- “When you read the Bible as if it is all about you instead of all about Jesus, the tendency is to jump from any heroic person or action to yourself. Therefore, you read the Bible looking for the good guys as examples for you to live out. Hardly anyone would put it this way, but it amounts to reading the Bible as if you are the Christ.” David Prince
- Goliath- Golyath. From the root word, galah: to uncover, to denude, strip/make bare, expose or reveal...
- Genesis 3:7- Then the eyes of both of them were opened, and they realized they were naked...”
- Genesis 3:9-10- But the Lord God called to the man, “Where are you?” **10** He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

- With one stone, David won victory for ALL of God's people. One man's victory, brought victory for all.
- Romans 5:15, 17-19- "...For if the many died by the trespass of the one man, how much more did God's grace and the gift that came by the grace of the one man, Jesus Christ, overflow to the many!... 17 For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ! 18 Consequently, just as one trespass resulted in condemnation for all people, so also one righteous act resulted in justification and life for all people. 19 For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous.
- "Scientists can watch this effect in action all the way down to the neurological level. Stanford psychologist Laura Carstensen, to name one such example, used an fMRI scanner to study the brain behavior of subjects presented with both positive and negative imagery. She found that for young people, their amygdala (a center of emotion) fired with activity at both types of imagery. When she instead scanned the elderly, the amygdala fired only for the positive images. Carstensen hypothesizes that the elderly subjects had trained the prefrontal cortex to inhibit the amygdala in the presence of negative stimuli. These elderly subjects were not happier because their life circumstances were better than those of the young subjects; they were instead happier because they had rewired their brains to ignore the negative and savor the positive. By skillfully managing their attention, they improved their world without changing anything concrete about it." -Cal Newport, Deep Work
- "We tend to place a lot of emphasis on our circumstances, assuming that what happens to us (or fails to happen) determines how we feel...Our brains instead construct our worldview based on what we pay attention to...As Gallagher summarizes: "Who you are, what you think, feel, and do, what you love—is the sum of what you focus on." -Cal Newport, Deep Work
- "If you only have the giant in view you will be convinced that you are tiny and powerless. But if you set the Almighty in view, your giant will be resized by God's greatness." -Loui Giglio
- Philippians 4:6-8- Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.
- "Psalm 16:8-11- I keep my eyes always on the LORD. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure, because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay. You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand."