



emotionally healthy spirituality

**Know Yourself That You May Know God**



***Grant Lord, that I may know myself  
that I may know Thee.***

**Augustine**

**The vast majority of us go to our graves  
without knowing who we are.  
We unconsciously live someone else's life,  
or at least someone else's expectations for us.  
This does violence to ourselves,  
our relationship with God,  
and ultimately to others.**

***Pete Scazzero***

***Emotionally Healthy Spirituality***

**David, who was talking to the men standing around him, asked, “What’s in it for the man who kills that Philistine and gets rid of this ugly blot on Israel’s honor? Who does he think he is, anyway, this uncircumcised Philistine, taunting the armies of God?”**

**They told him what everyone was saying about what the king would do for the man who killed the Philistine.**

**Eliab, his older brother, heard David fraternizing with the men and lost his temper: “What are you doing here! Why aren’t you minding your own business, tending that scrawny flock of sheep? I know what you’re up to. You’ve come down here to see the sights, hoping for a ringside seat at a bloody battle!”**

# Challenge #1: Dealing with Family of Origin Lies



**“What is it with you?” replied David. “All I did was ask a question.”**

**Ignoring his brother, he turned to someone else, asked the same question, and got the same answer as before.**

**The things David was saying were picked up and reported to Saul. Saul sent for him.**

**“Master,” said David, “don’t give up hope. I’m ready to go and fight this Philistine.”**

**Saul answered David, “You can’t go and fight this Philistine. You’re too young and inexperienced—and he’s been at this fighting business since before you were born.”**

**David said, “I’ve been a shepherd, tending sheep for my father. Whenever a lion or bear came and took a lamb from the flock, I’d go after it, knock it down, and rescue the lamb.**

**If it turned on me, I’d grab it by the throat, wring its neck, and kill it. Lion or bear, it made no difference—I killed it. And I’ll do the same to this Philistine pig who is taunting the troops of God.**

**GOD, who delivered me from the teeth of the lion and the claws of the bear, will deliver me from this Philistine.”**

**Saul said, “Go. And GOD help you!”**

**Then Saul outfitted David as a soldier in armor. He put his bronze helmet on his head and belted his sword on him over the armor. David tried to walk but he could hardly budge.**

**David told Saul, “I can’t even move with all this stuff on me. I’m not used to this.” And he took it all off.**



## Challenge #2: Dealing with Society's Lies





**Then David took his shepherd's staff, selected five smooth stones from the brook, and put them in the pocket of his shepherd's pack, and with his sling in his hand approached Goliath.**

**As the Philistine paced back and forth, his shield bearer in front of him, he noticed David. He took one look down on him and sneered—a mere youngster, apple-cheeked and peach-fuzzed.**

**The Philistine ridiculed David.**

**“Am I a dog that you come after me with a stick?”**

**And he cursed him by his gods.**

**“Come on,” said the Philistine. “I’ll make roadkill of you for the buzzards.**

**I’ll turn you into a tasty morsel for the field mice.”**



Hey kid.. put that rock  
down before  
someone  
gets hurt.



Goliath's Last Words  
1 Sam 17



## Challenge #3: Dealing with the Enemy's Lies



**David answered, “You come at me with sword and spear and battle-ax. I come at you in the name of GOD-of-the-Angel-Armies, the God of Israel’s troops, whom you curse and mock.**

**This very day GOD is handing you over to me. I’m about to kill you, cut off your head, and serve up your body and the bodies of your Philistine buddies to the crows and coyotes.**

**The whole earth will know that there’s an extraordinary God in Israel. And everyone gathered here will learn that GOD doesn’t save by means of sword or spear. The battle belongs to GOD—he’s handing you to us on a platter!”**

**That roused the Philistine, and he started toward David. David took off from the front line, running toward the Philistine. David reached into his pocket for a stone, slung it, and hit the Philistine hard in the forehead, embedding the stone deeply. The Philistine crashed, facedown in the dirt.**

**That's how David beat the Philistine—with a sling and a stone. He hit him and killed him. No sword for David!**

**Then David ran up to the Philistine and stood over him, pulled the giant's sword from its sheath, and finished the job by cutting off his head. When the Philistines saw that their great champion was dead, they scattered, running for their lives.**

**The Lord will fight for you.  
You need only to be still. Exodus 14:14**





**“GOD, who delivered me  
from the teeth of the lion  
and the claws of the bear,  
will deliver me from this Philistine.”**



**Which lie is God inviting you  
to deal with today?**



**The Lord will fight for you.**

**You need only to be still.**

*Exodus 14:14*