



## CELL GUIDE

<b>TOPIC</b>	When You Are Facing Giants	<b>SPEAKER</b>	Ps Daniel Foo
<b>THEME</b>	Encountering Jesus: The Book of John	<b>DATE</b>	28 Feb & 1 Mar 2026

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# MESSAGE SUMMARY

## INTRODUCTION

“Giants” are the problems, mountains, and obstacles in our lives that result from the brokenness of our world, and which may at first seem unsurmountable. They are also personal to the person. Your giant may not be someone else’s giant, but if it is a big problem to you, then it is your giant. Following God does not mean denying our problems, but recognising that while giants are real, so is our God.

In 1 Samuel 17, we read that Israel faced Goliath for 40 days and while Goliath did not attack immediately, he intimidated and taunted the people of God, causing fear in them and weakening their spirits even before any spear was thrown. When David arrived however, he carried with him a greater weapon: faith in the living God. It was David’s trust in God that led to Israel’s breakthrough and victory.

## THREE REALITIES WHEN FACING GIANTS

### 1) Giants are real

Just like how Goliath managed to intimidate Israel, our giants such as addiction, workplace pressure, financial stress, illness, relational strain, can cause fear, anxiety or hopelessness to rise in us. Ps Daniel Foo highlights that such emotions can be especially dangerous because “the fear of man brings a snare” (Proverbs 29:25). This means that fear can be a trap that causes our faith to leak, and hope to shrink.

### 2) God is greater

Ps Daniel Foo shared that with faith in the living God, fear is not inevitable. We can face our giants fearlessly if like David, we draw our strength from faith. From David’s story, we see four biblical principles for conquering giants:

#### (a) Adopting a God-Centred Perspective

Israel saw Goliath’s size, experience, and armour, but David adopted a different perspective, and focused on God’s covenant. He denied Goliath’s authority through his faith in God’s authority. Just like David, when we are faced with giants, we should focus on magnifying God and His promises in our hearts and minds, instead of magnifying the giant.

### **(b) Practicing a proven, private faith**

God prepares us for the giants that we may face in private. David didn't suddenly become brave on the battlefield – he had a relationship with God which had been strengthened in private, having relied on God to fight lions and bears while shepherding his father's sheep. Similarly, the faith in God which will ground us difficult times is formed in the routines of life – through prayer, worship, and walking with God daily. Faith is like a muscle that is strengthened through regular use, and public breakthroughs are built on private faithfulness.

### **(c) Surrounding ourselves with the right people**

Godly relationships can give us strength and uplift us when we face giants. When times are tough, we should seek wise, faith-filled people for counsel – just like how David had a good friend in Jonathan. However, not every voice we hear should matter to us as some people can give us toxic advice. Thus, we ought to be discerning in building a godly inner circle.

### **(d) Declaring our faith even ahead of action**

David declared God's deliverance even before Israel's victory, exclaiming that "The Lord who delivered me from the lion and the bear will deliver me from this Philistine." (1 Samuel 17:37). Similarly, our faith should speak and declare God's Word in obedience and utmost confidence. Ps Daniel Foo shared that such declaration can also be done through worship – when we bring our giants to the Lord and ask the Holy Spirit to intervene.

## **3) Giants must be faced**

Giants stand in the way of God's people fulfilling their God-given identity and destiny, and therefore they must be overcome. Throughout scripture, we *know* that they can be overcome so long as we call upon God and surrender to Him. Indeed, the same God who delivered Israel, gave David victory and turned impossible situations around, will fight for us, and turn intimidation into testimony.

## **CONCLUSION**

Giants may be real, but God is greater, and giants can be overcome by adopting a God-centred perspective, cultivating daily faithfulness, having the right people in our lives, and declaring our faith obediently and confidently.

God is not telling us to fight harder or be stronger, but to trust in Him more deeply as the battle belongs to the Lord (Romans 8:28).

# QUESTIONS

1. What is one “giant” you are currently facing (a big problem that feels intimidating or overwhelming)? What makes it feel so big to you?

2. When you think about this giant, what tends to fill your mind first - fear, worst-case scenarios, self-doubt, or God’s promises? What would a God-centred perspective look like in your situation this week?

3. What is one “private faith” habit you want to strengthen (quiet time, worship, seeking counsel, etc.) so that you’re not trying to learn faith only in a crisis? What is one small step you’ll take this week?