



OUTSIDE THE ZONE: WEEK 2

Psalm 20 :7 (NIV)

"Some trust in chariots and some in horses, but we trust in the name of the Lord our God."

BIG QUESTION

- Do you have confidence in God's strength?

DISCUSSION QUESTIONS

1. Have you ever heard the story of David and Goliath before? What's something new you learned about it today?
2. What are some issues in your life that feel like giants - things you feel powerless against?
3. David was confident in God because he had seen God help him before. What are some times God has helped you overcome something that felt giant at the time? Does that give you confidence to face the giants in your life now? Why or why not?
4. Read **Psalm 20:7**. If you're honest - would you say you have confidence in God's strength? What makes you say that?
5. What will you do to start facing some of the giants in your life?
6. What are some ways you can start trusting God to help you get through life's battles?

GIANT STACK

Let's make a tower out of cups to represent "giants" in our lives that we're afraid of! First, use a marker to write something you're afraid of on the cups. Then, stack the cups to make a giant tower. Keep writing your fears and stacking until you run out of cups.

Next, get a piece of paper and write something on it that you think can help you overcome the fears you wrote down on the cups. Crumple the paper up, and then throw it at your tower to see if you can knock it down. Remember, through God's help and through the help of others, you can defeat your giants.