

# slaying the giants in your life study guide

**\*\*Slaying the Giants in Your Life Study Guide: Overcoming Obstacles with Faith and Courage\*\***

**slaying the giants in your life study guide** is more than just a catchy phrase—it's a powerful metaphor for confronting the challenges and fears that stand in the way of your personal growth and happiness. Life, much like the biblical story of David and Goliath, often presents us with seemingly insurmountable obstacles. Whether these giants are self-doubt, anxiety, toxic relationships, or external circumstances, learning how to identify, face, and conquer them is essential for living a fulfilling life. This study guide will walk you through practical steps, spiritual insights, and motivational strategies to help you slay the giants in your own life.

## Understanding the Giants: What Are They Really?

Before you can effectively slay the giants in your life, it's important to know what you're facing. Giants represent the large, intimidating problems or fears that prevent you from achieving your goals or feeling at peace. These can be internal struggles like low self-esteem or external obstacles such as career setbacks.

## Common Giants in Life

Some of the most common giants people face include:

- **Fear and Anxiety:** The paralyzing worries about the future or past mistakes.
- **Self-Doubt:** Questioning your own abilities and worth.
- **Negative Relationships:** Toxic friendships or family dynamics that drain your energy.
- **Addictions:** Habits or dependencies that interfere with your well-being.
- **Financial Struggles:** Stress related to money and security.
- **Health Challenges:** Physical or mental health issues that impact daily life.

Recognizing these giants clearly is the first step toward addressing them effectively.

## Strategies for Slaying the Giants in Your Life Study

# Guide

Slaying giants requires more than just courage—it demands a well-thought-out approach combining mindset, action, and sometimes faith. Here are some essential strategies to help you on this journey.

## 1. Identify Your Giants Clearly

You cannot defeat what you don't understand. Take time to reflect on what your giants are. Journaling or talking with a trusted friend or mentor can bring clarity. Ask yourself:

- What specific problems or fears are holding me back?
- When do these fears or challenges arise most strongly?
- How do these giants affect my daily life and decisions?

This process helps you move from vague anxiety to specific, manageable issues.

## 2. Shift Your Mindset: From Victim to Victor

One of the biggest giants is often our own mindset. Viewing yourself as powerless against your challenges only empowers those giants. Instead, embrace a mindset of resilience and possibility.

### Practical Mindset Tips:

- **Practice Positive Affirmations:** Replace “I can’t” with “I am capable.”
- **Visualize Success:** Imagine yourself overcoming the obstacle.
- **Embrace Failure as a Teacher:** See setbacks as lessons, not defeats.

This mental shift is crucial in preparing for the battle ahead.

## 3. Develop a Support System

No one slays giants alone. Surround yourself with people who encourage your growth and believe in your potential. This support can come from friends, family, mentors, or even faith communities.

## How Support Helps:

- **Accountability:** Keeps you on track with your goals.
- **Encouragement:** Provides motivation during tough times.
- **Perspective:** Offers new insights and advice.

Don't hesitate to reach out and build relationships that uplift you.

## Faith and Spiritual Insights in Slaying the Giants

For many, the story of David and Goliath is not just a tale of courage but also of faith. This study guide recognizes the power of spirituality in overcoming life's giants.

### Finding Strength Through Faith

Faith can provide a profound source of strength when facing overwhelming challenges. Believing that you are not alone and that there is a higher power guiding you can instill courage and hope.

#### Scriptural Encouragement:

- "The Lord is my strength and my shield; my heart trusts in him, and he helps me." (Psalm 28:7)
- "I can do all things through Christ who strengthens me." (Philippians 4:13)

Meditating on such verses can reinforce your resolve and provide peace amidst chaos.

### Prayer and Meditation as Tools

Incorporating prayer or meditation into your daily routine can calm anxiety and sharpen your focus. It's a way to center yourself and invite clarity on how to tackle your giants.

## Practical Steps to Overcome Specific Giants

Every giant requires a tailored approach. Here are some actionable tips for common challenges.

## Overcoming Fear and Anxiety

- **Practice Mindfulness:** Focus on the present moment to reduce worry about the future.
- **Break Down Your Fears:** Identify what specifically scares you and challenge those thoughts.
- **Seek Professional Help:** Therapy or counseling can be invaluable.

## Conquering Self-Doubt

- **Track Your Wins:** Keep a record of your achievements, big or small.
- **Surround Yourself with Positive People:** Avoid those who reinforce negative self-beliefs.
- **Set Realistic Goals:** Build confidence through achievable milestones.

## Dealing with Toxic Relationships

- **Set Boundaries:** Clearly communicate your limits and stick to them.
- **Limit Contact:** Reduce time spent with draining individuals.
- **Focus on Self-Care:** Prioritize your emotional health.

## Maintaining Victory: Staying Giant-Free

Slaying giants is not always a one-time event; some may return or new ones may appear. It's important to build habits that keep you strong and resilient over time.

## Daily Practices for a Giant-Free Life

- **Continuous Self-Reflection:** Regularly assess your mental and emotional state.

- **Healthy Lifestyle Choices:** Exercise, nutrition, and sleep play a key role in mental strength.
- **Ongoing Learning:** Read books, attend workshops, or engage in communities that encourage growth.

## **Celebrate Your Victories**

Whether big or small, acknowledging your progress reinforces motivation and reminds you of your strength. Keep a journal of the giants you've slain and revisit it when you need encouragement.

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Slaying the giants in your life study guide is more than a set of instructions—it's an invitation to embrace courage, faith, and practical wisdom. By identifying your giants, adopting empowering mindsets, and seeking support, you position yourself to triumph over adversity and step into a life marked by confidence and peace. Remember, every giant you face is an opportunity to discover the hero within.

## **Frequently Asked Questions**

### **What is the main theme of 'Slaying the Giants in Your Life' study guide?**

The main theme of the study guide is overcoming significant challenges or 'giants' in one's life through faith, perseverance, and practical strategies inspired by biblical teachings.

### **Who is the author of 'Slaying the Giants in Your Life' study guide?**

The study guide is based on the teachings of Pastor Robert Jeffress, who authored the original book focusing on spiritual and personal growth.

### **What are some examples of 'giants' addressed in the study guide?**

Examples of giants include fear, addiction, unforgiveness, guilt, depression, and other obstacles that hinder personal and spiritual development.

### **How does the study guide suggest one can overcome fear?**

The guide suggests overcoming fear by trusting in God's promises, renewing the mind through scripture, and taking courageous steps forward despite uncertainty.

## **What role does prayer play in slaying giants according to the study guide?**

Prayer is emphasized as a powerful tool for seeking God's strength, guidance, and intervention when facing life's giants.

## **Is the study guide designed for individual or group use?**

The study guide is designed for both individual reflection and group discussions, facilitating deeper understanding and mutual encouragement.

## **What biblical stories are referenced in the study guide?**

The guide references biblical stories such as David and Goliath, Joshua's conquest of Jericho, and other accounts of faith overcoming formidable challenges.

## **How long is the typical duration of the study guide program?**

The study guide typically spans 6 to 8 weeks, with weekly lessons and activities to help participants apply the concepts.

## **What practical steps does the study guide recommend for maintaining victory over giants?**

It recommends regular prayer, scripture study, accountability partnerships, setting personal goals, and continually trusting God's power to maintain victory over life's giants.

## **Additional Resources**

Slaying the Giants in Your Life Study Guide: A Comprehensive Review and Analysis

**Slaying the giants in your life study guide** offers a structured and insightful approach for individuals seeking to overcome personal challenges and obstacles that often feel insurmountable. Rooted in metaphorical language, the concept of "giants" represents the fears, doubts, and setbacks that hinder progress in various areas such as career, relationships, and mental wellbeing. This study guide aims to provide readers with practical strategies and reflective exercises to identify and confront these giants head-on.

In this article, we delve into the core principles behind the slaying the giants in your life study guide, examining its effectiveness, methodology, and relevance in contemporary self-improvement literature. Additionally, we explore key themes such as resilience, mindset transformation, and actionable goal-setting, while integrating relevant keywords like "personal development," "overcoming obstacles," and "emotional intelligence" to enhance SEO performance naturally.

# Understanding the Framework of the Study Guide

At its heart, the slaying the giants in your life study guide is designed to empower individuals by providing a clear roadmap for self-discovery and growth. The guide typically frames life's challenges as "giants," which helps externalize internal struggles and makes confronting them less abstract and more tangible. This metaphorical approach resonates strongly with readers because it encapsulates the emotional intensity of personal battles while offering hope through actionable steps.

The study guide often begins with exercises intended to help participants identify their personal giants. These may include fears such as failure, rejection, or procrastination, as well as external barriers like toxic relationships or career stagnation. By encouraging individuals to name and visualize their giants, the guide facilitates greater self-awareness, which is a foundational component in most personal development frameworks.

## Core Components and Methodology

The methodology embedded within the slaying the giants in your life study guide typically follows a structured progression:

1. **Identification:** Recognizing the giants that impede progress.
2. **Understanding:** Analyzing the origins and impact of these challenges.
3. **Strategizing:** Developing personalized tactics to confront and overcome obstacles.
4. **Execution:** Implementing strategies through consistent, disciplined action.
5. **Reflection:** Monitoring progress and adjusting approaches as necessary.

This step-by-step process aligns with cognitive-behavioral principles and motivational psychology, making the guide not only motivational but also psychologically sound. It emphasizes not just awareness but also practical action, which differentiates it from more abstract or purely inspirational self-help materials.

## Effectiveness and Practical Applications

One of the strengths of the slaying the giants in your life study guide lies in its adaptability across different life contexts. Whether an individual is grappling with career challenges, mental health concerns, or interpersonal issues, the framework offers a versatile toolkit. For example, in professional settings, the guide's emphasis on goal-setting and strategic planning dovetails with well-established productivity methodologies like SMART goals and time-blocking.

From a psychological perspective, the guide integrates elements of emotional

intelligence—encouraging readers to recognize and regulate their emotions when facing adversity. This aspect is crucial because emotional regulation has been shown to significantly improve resilience and decision-making under stress, according to multiple studies published in journals such as the *Journal of Applied Psychology*.

## **Comparative Analysis with Similar Resources**

When compared with other self-help or personal development guides, the slaying the giants in your life study guide stands out due to its unique metaphorical framing combined with actionable steps. While many guides focus predominantly on mindset shifts or inspirational anecdotes, this study guide bridges motivation and pragmatism effectively.

For instance, unlike purely mindfulness-based guides that center on acceptance and awareness, this guide encourages active confrontation and problem-solving. Conversely, it also avoids the pitfalls of overly simplistic “quick fix” manuals by incorporating reflective practices that promote long-term change. This hybrid approach has contributed to its popularity among both individual users and group study settings, such as workshops or faith-based communities.

## **Key Themes Explored in the Guide**

### **Resilience Building**

Building resilience is a recurrent theme throughout the slaying the giants in your life study guide. The material underscores that resilience is not an innate trait but a skill that can be developed through deliberate practice. Techniques such as cognitive reframing—viewing setbacks as opportunities for growth—are emphasized, aligning with research in positive psychology.

### **Mindset Transformation**

Another pivotal focus is transforming limiting beliefs that serve as invisible giants. The guide encourages readers to challenge negative self-talk and replace it with empowering affirmations. This aligns with Carol Dweck’s concept of a growth mindset, which has been widely recognized as a critical factor in personal success and adaptive learning.

### **Goal-Setting and Accountability**

The study guide promotes clear, measurable goal-setting as an antidote to stagnation. It often advocates for breaking down large challenges into manageable tasks, enabling steady progress and reducing overwhelm. Additionally, accountability mechanisms—such as journaling or peer support—are recommended to maintain momentum.



# Pros and Cons of Using the Slaying the Giants in Your Life Study Guide

- **Pros:**

- Offers a relatable metaphor that simplifies complex emotional challenges.
- Combines motivational and practical elements for holistic personal development.
- Encourages active participation and reflection, fostering sustainable growth.
- Adaptable to diverse life situations and demographics.

- **Cons:**

- May require guidance or facilitation for deeper psychological issues.
- Some users might find the metaphor less applicable depending on cultural context.
- Effectiveness depends heavily on user consistency and commitment.

## Recommended Complementary Tools

To maximize the benefits of the slaying the giants in your life study guide, users may consider integrating supplementary resources such as mindfulness apps, therapy sessions, or productivity planners. These tools can enhance emotional regulation, provide professional support, and improve organizational skills, respectively.

The study guide's emphasis on reflection and adaptation also lends itself well to journaling practices, which have been demonstrated to improve mental clarity and stress management. Incorporating community support, whether through group discussions or online forums, can further enrich the experience by providing external perspectives and encouragement.

The slaying the giants in your life study guide represents a meaningful contribution to the field of personal development. By framing life's challenges as conquerable giants and offering a structured, psychologically informed approach, it empowers individuals to face adversity with renewed clarity and purpose. Whether used independently or as part of a larger coaching or therapeutic program, it encourages a proactive stance toward growth that can have lasting positive impacts.

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**slaying the giants in your life study guide:** Facing Your Giants Study Guide Max Lucado, 2006-11-19 Everyone has a Goliath—a problem so overwhelming it is seemingly gigantesque in its magnitude. Facing Your Giants Study Guide has the answers that believers need in order to face the giants in life. Whether your overwhelming problem is grief that you just can't deal with, divorce that has ravaged your family, or an addiction that has a vice-like clamp on your will-power, Facing Your Giants Study Guide will teach you to look past your problem towards the solution. Based on the life of David, this study guide is guaranteed to provide inspiration to succeed against even the most threatening difficulty.

**slaying the giants in your life study guide:** A Life Beyond Amazing Bible Study Guide Dr. David Jeremiah, 2017-10-03 Why were people in the first century so drawn to Jesus of Nazareth? His powerful miracles and challenging teachings, for sure. But it was also His character. Humanity had never witnessed someone who is loving, joyful, peaceful, patient, compassionate, generous, faithful, humble, and self-controlled all the time. It was as if God Himself had become a human being to demonstrate the life that is possible—a life beyond amazing. The traits that Jesus demonstrated in His life were traits empowered by the Spirit of God who filled Him. When Jesus returned to heaven, He sent His Spirit to indwell all His true followers so they could display the same character in their lives—not for their benefit alone but to show the world the kind of life God intended us to enjoy. The apostle Paul called these traits the fruit of the Spirit (Galatians 5:22-23). In this A Life Beyond Amazing Study Guide, Dr. David Jeremiah describes the divinely empowered life that is possible for followers of Christ. Between introductory and concluding messages, Dr. Jeremiah explores each of the nine traits of a Spirit-filled life as outlined by the apostle Paul—traits that produce a life beyond amazing. Each lesson also includes: An outline of the main subjects and Scriptures covered during the lesson An overview of Dr. Jeremiah's teaching on the topic being studied Application questions to help individuals and small groups delve into the Bible A Did You Know? section that adds a point of interest to the lesson

**slaying the giants in your life study guide:** The World of the End Bible Study Guide Dr. David Jeremiah, 2022-11-22 This Is Our Time to Be the Answer Some days it seems like bad news all around. And with bad news comes questions: “Why is this happening?” “When will it stop?” “What can we do?” And most pressing of all: “Is this the end?” In these hope-filled pages, bestselling author, pastor, and respected Bible teacher Dr. David Jeremiah will help you focus your mind on the hand of God instead of the problems at hand. Jesus Himself revealed what to expect from this season of history when He delivered His Olivet Discourse—a sermon that scholars have called “the most important single passage of prophecy in all the Bible.” This study guide, designed for use with Dr. Jeremiah's book *The World of the End*, focuses on Jesus' prophecy in Matthew 24. Jesus makes it clear that all the signs He points to won't occur at once; instead, they will gradually appear and become stronger and more frequent. You will learn exactly what Jesus promised to us—and what He expects of us—as we approach the World of the End. Each lesson includes: An outline of the main subjects and Scriptures covered during the lesson An overview of Dr. Jeremiah's teaching on the topic being studied Application questions to help both individuals and small groups delve into the content and the Bible A Did You Know? section that adds a point of interest to the lesson

**slaying the giants in your life study guide:** Everything You Need Bible Study Guide Dr. David Jeremiah, 2020-02-18 Encounter God's divine power to give us everything we need to live a godly life. You may feel like you're lacking in confidence, purpose, and peace. You may worry that your

faith is weak or that you're easily overwhelmed by the pressures of this world. Many Christians feel unprepared to walk the journey of faith, and yet God equips us with his own glory and goodness so that we're able to face the ruggedness of the world with dignity and strength. In this six-session video Bible study (DVD/digital video sold separately), bestselling author Dr. David Jeremiah draws on passages from the book of 2 Peter to show you how to find divine help to walk life's trail with resilience and strength. You'll learn: Specific ways to take your divine gifts and develop character qualities from them. Practical wisdom to help you work with confidence as a member of God's kingdom. Knowledge to strengthen you to soar above your circumstances and make the most of every opportunity. It's time to unpack all God has provided and take your next step toward a life of confidence. After all, you already have everything you need! The Everything You Need Study Guide includes video teaching notes, discussion questions, Bible exploration, and weekly personal study and reflection materials. Sessions Include: Prepare for the Journey Survey the Trail Stay the Course Persevere on the Path Step Out to Help Reach the Destination Designed for use with the Everything You Need Video Study available on DVD or streaming video, sold separately.

**slaying the giants in your life study guide: Forward Bible Study Guide** Dr. David Jeremiah, 2021-01-26 In this six-session video Bible study (DVD/digital downloads sold separately), bestselling author Dr. David Jeremiah reminds us that the Christian life is to be lived looking forward and with our eyes fixed on the race in front of us—not looking back over at our shoulder at the other runners or the past. In the Bible, the apostle said as much when he wrote, Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus (Philippians 3:12-14 (NKJV)). Dr. Jeremiah draws on this key verse to show that while it is good at times to look back, we need to make sure that we don't go back and allow the past to dictate our future. We need to celebrate our good memories but also celebrate our bad memories with finality—thanking God for the lessons that He has taught us through the experience and committing to use those lesson to make positive changes in our lives. We then need to allow our past memories to cultivate our dreams—boldly stepping into the mission God has for us and allowing Him to continually transform us to be more like Christ. Now is the time to step past our comfort and our failure. Now is the time to move forward in following God. Designed for use with the Forward Video Study available on DVD or streaming video, sold separately.

**slaying the giants in your life study guide: The Book of Signs Bible Study Guide** Dr. David Jeremiah, 2019-03-19 One of the world's most beloved Bible teachers offers definitive teaching on biblical prophecy, the end times, and the apocalypse. Do you find yourself disheartened when you hear the news events of the day? Wars raging across the world. Crisis after crisis occurring in the homeland. Moral decay seemingly celebrated in the media outlets. Just when it seems things can't get any worse...they do. Thankfully, God has graciously filled His Word with signs of the future to help us understand His purpose and plans for us. In The Book of Signs Study Guide, bestselling author Dr. David Jeremiah examines the prophetic writings from the Old and New Testaments to help you cut through the confusion and give you insights about God's plan for humankind as the end times draw near. In this comprehensive thirty-one lesson study guide, you will explore what God's Word says about... International Signs: the nations and regions that will play important roles as the final events of the age emerge. Cultural Signs: what will occur in societies and cultures around the world as we approach the end times. Heavenly Signs: what will happen to believers during this tumultuous time. Tribulation Signs: what will transpire during this seven-year period, when Satan, the Antichrist, and the False Prophet unleash unspeakable horrors on the world. End Signs: what believers can look forward to experiencing when Jesus returns and God establishes His everlasting kingdom on earth. God has given us a firm understanding of what is really going on in the world and what will happen as we approach the end of the age. As you come to understand the truth about these signs, your faith will grow, you will live more confidently, and you will gain a new hope for the

future—knowing the time for the return of the Prince of Peace is drawing near. Each Lesson Includes: An outline of the main subjects and Scriptures covered during the lesson. An overview of Dr. Jeremiah's teaching on the topic being studied. Application questions to help individuals and small groups delve into the Bible. A Did You Know? section that adds a point of interest to the lesson. This study guide is designed to be used in conjunction with *The Book of Signs* (9780785229551), but it may also be used by itself for personal or group study.

**slaying the giants in your life study guide:** Where Do We Go From Here? Bible Study Guide Dr. David Jeremiah, 2021-11-16 Jesus Will Show You the Way Forward Today's headlines shout of modern plagues, social tensions, economic crises, and rampant depression. Many are asking, "What day is it on God's prophetic calendar?" Trusted Bible teacher and pastor Dr. David Jeremiah answers this question by opening up the Word of God to reveal what it has to say about the days in which we are living and offer hope to believers. In this ten-lesson accompanying study guide, Dr. Jeremiah deals with ten prophetic issues as current as the morning news. You will thread your way through problems that Jesus predicted—precursors of the Tribulation—and learn what steps you should take to navigate them. Even as the world collapses, you can be sure that the Lord is building His Church! You can say something, do something, pray something, preach something, and live by the convictions of Christ. Each lesson includes: An outline of the main subjects and Scriptures covered during the lesson. An overview of Dr. Jeremiah's teaching on the topic being studied. Application questions to help both individuals and small groups delve into the content and the Bible. A Did You Know? Section that adds a point of interest to the lesson. This is no time to be discouraged. Your risen and exalted Lord Jesus Christ—your enthroned Savior—knows the way forward. He will show you where to go from here.

**slaying the giants in your life study guide:** The Longing in Me Bible Study Guide Sheila Walsh, 2016-04-05 Do Your Longings Have You Going Around in Circles? You vowed to never repeat the same mistakes, yet here you are again, right where you started. What is it that keeps drawing you back? In this six-session video-based study (DVD/digital video sold separately), Sheila Walsh shows it is our longings that often lead us into such traps. She draws on her own experiences and the life of King David to reveal that all our longings are rooted in a need for God—and nothing else will satisfy when it comes to filling that void. Sessions include: Longing to Be Chosen (19:00) Longing for Protection (20:00) Longing for Control (18:00) Longing for Happiness (18:00) Longing for God's Grace (18:00) Longing for God Alone (23:00) Designed for use with the Longing in Me Video Study (sold separately).

**slaying the giants in your life study guide:** *The Prophecy Collection: The End Times Survival Guide, The Coming Apostasy, Russia Rising* Mark Hitchcock, 2021-10-05 Three popular books, now collected for the first time in one special edition! We live in a world that seems to be on the verge of coming apart. Shootings. Killer viruses. The threat of nuclear war. All of it is just too real. What is happening in our world today is moving Christians to return to the foundations of our spiritual existence. Believers everywhere must get back to what matters most. We must always remember our battle, at its most basic level, is spiritual. In *The Prophecy Collection*, popular Bible teacher Mark Hitchcock helps you discover spiritual insight and spiritual tools to understand what's happening—and to prepare for the future—through three important works: *The End Times Survival Guide* *The Coming Apostasy* (coauthored with Jeff Kinley) *Russia Rising* As we prepare for the Lord's coming, it's time to understand the biblical truths you need to know in order to face an increasingly decaying, darkening world. No matter what the future holds, anchor your spiritual health and welfare on the immovable rock of God's Word.

**slaying the giants in your life study guide:** **The End Times Survival Guide** Mark Hitchcock, 2018 In *The end times survival guide*, you will discover ten spiritual tools the Bible relates directly to our preparation for the Lord's coming—ten biblical survival strategies to live out in these last days so you and your family can prosper in an increasingly decaying, darkening world. These strategies won't guarantee your physical or financial well-being, but they are guaranteed to bring life and vitality to your spiritual health and welfare as you cling to the immovable rock of God's

Word.

**slaying the giants in your life study guide: MOAN** Hope Sheridan, 2025-05-06 MOAN: a low prolonged sound of pain, grief, or distress Suicide is society's taboo topic. It is also one of the most tragic, regretful experiences we all encounter in our short lifetime. It is a wound that rarely heals for those left behind. We "moan" under the weight of distress, regret, and confusion. Yet we are hesitant to talk about suicide within our families or communities. This culture of silence is both deafening and deadly. Sometimes God gives us a healing story so we can use it to give Him glory. Other times, God uses the traumatic events in our life to help others who are struggling. In the book titled, "MOAN: Stories of Suicide, Grief, Grace, and God", author Hope Sheridan hopes to do both by sharing the story of her teenage daughter's survival of the suicide of her entire step family. Through riveting storytelling, she reveals a story of God's hope, grace, and resilience as her daughter overcomes incredible adversity, trauma, and spiritual warfare using the best practices of science AND the Bible - together. Rooted in family dysfunction, domestic abuse, struggles with alcohol addiction, and untreated mental health disorders, this powerfully honest story gives the reader a deeper understanding of the phenomenon of suicidal behavior so that we all can do better to protect those at risk, especially our youth. It also reveals groundbreaking research connecting the dots between genetics and risk. Perhaps most importantly, MOAN provides easy to understand best practices which empower anyone to take action in compassionate advocacy for suicide prevention and resilience. Hope S.

**slaying the giants in your life study guide: Defeating Your Goliath** Karina Camille Davis, 2015-06-15 Giants can take any shape or form in your life. They can be past hurts of failed relationships, addictions, setbacks from life's disappointments, and even the torment from yourself and your own negative mindset. You can become so overwhelmed by the many problems you have to face by looking at the size of them, and how they seem to tower over you. Goliath was over nine feet tall, and his size intimidated the Israelites, except for young David. This book will inspire and motivate you to become like David and take God to battle with you. You will look at your giants in your life as defeated foes. After reading this book, you will feel encouraged and empowered to slay those giants and walk in victory in the name of our Lord and Savior, Jesus Christ.

**slaying the giants in your life study guide: Facing Your Giants Study Guide** Max Lucado, **slaying the giants in your life study guide: Invincible** Dr. Robert Jeffress, 2021-08-31 As we walk through this life, the way will not always be easy and well-marked. In fact, we can expect lots of ups and downs and setbacks along the way. Sometimes we'll find ourselves face-to-face with a mountain that threatens to stop us in our tracks. We know that Jesus tells us we can move these mountains--but how? In *Invincible*, Dr. Robert Jeffress helps us identify and defeat the mountains that threaten to keep us from experiencing a blessed life. Offering biblical insight and practical tools, Dr. Jeffress shows us how to conquer the mountains of - doubt - guilt - anxiety - discouragement - fear - bitterness Such obstacles can seem insurmountable. Yet we know that with God we are invincible. When we put our faith in God and rely on his power, praying according to his will, he will enable us to move the mountains in our lives.

**slaying the giants in your life study guide: Goliath Must Fall Bible Study Guide** Louie Giglio, 2017-05-16 You have a giant in your life. An adversary that's diminishing your ability to live fully in Christ. Whatever it may be—rejection, fear, anger, comfort, or addiction—this giant stands between you and God's promise...and it must fall. Like with David and the Israelites, God has a better plan for you than to stand and be taunted day after day by a 9-foot Goliath. God's plan for you is to live in victory. In this six-session video Bible study (DVD/video streaming sold separately), Pastor Louie Giglio reveals a twist in the story of David and Goliath that will help you and your study group see how God works victories in the lives of his people. You will learn: How Jesus is present in the story of David and Goliath and what he's doing. How Jesus' resurrection shows us that there is nothing we fear that he cannot overcome. How the only thing that can defeat toxic thinking is reliance on God's acceptance. How we overcome addiction by bringing it into the light and being set free by God. Each session will equip you with practical, hands-on steps to take after engaging in passages from the

Bible and Louie's video talks, which show how living free from our giants means putting our hope in Jesus. When we do, we get to watch Goliath fall. Sessions include: Dead but Still Deadly Fear Must Fall Rejection Must Fall Comfort Must Fall Anger Must Fall Addiction Must Fall Designed for use with the Goliath Must Fall Video Study (9780310083764), sold separately.

**slaying the giants in your life study guide: His Welcoming Arms** Glenda Keiper, 2021-06-30 Where are you in your walk with God? Are you exploring who He is and where He fits into your life? Are you wondering about how you fit into His plan? Have you been in church but feel like a piece is missing? Let that curiosity take you directly to the Bible. Let God's Word speak to you. God welcomes you and your questions. He is ready to provide the answers you need. God wants to meet us where we are, questions and all. The basis of any relationship is conversation, learning how to share your thoughts and feelings and more importantly, how to listen for what is being said. Learning to listen for God's voice in our lives takes practice. By spending a few minutes each day reading the Word and praying, we get into the habit of good communication with God. This study guide will help you to become comfortable with who God is through daily prayer. It is an exploration of God's love for you, who Jesus is, how the Holy Spirit works in our lives and how to engage in an active prayer life. So come with me as we explore His living Word and grow in understanding.

**slaying the giants in your life study guide: The Voices We Carry** J S Park, 2020-05-05 Reclaim Your Headspace and Find Your One True Voice As a hospital chaplain, J.S. Park encountered hundreds of patients at the edge of life and death, listening as they urgently shared their stories, confessions, and final words. J.S. began to identify patterns in his patients' lives—patterns he also saw in his own life. He began to see that the events and traumas we experience throughout life become deafening voices that remain within us, even when the events are far in the past. He was surprised to find that in hearing the voices of his patients, he began to identify his own voices and all the ways they could both harm and heal. In *The Voices We Carry*, J.S. draws from his experiences as a hospital chaplain to present the Voices Model. This model explores the four internal voices of self-doubt, pride, people-pleasing, and judgment, and the four external voices of trauma, guilt, grief, and family dynamics. He also draws from his Asian-American upbringing to examine the challenges of identity and feeling "other." J.S. outlines how to wrestle with our voices, and even befriend them, how to find our authentic voice in a world of mixed messages, and how to empower those who are voiceless.

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