



Release Your Inner David

*Learn to
Face Your Goliaths*

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The weak have fears.

The strong have fears.

We all have fears.

There really is no difference between the two. Only those that face their fears can conquer them.

What Is Fear?

It is a feeling. It's caused by the way we think and what we believe.

Therefore, fear does not exist. Fear is in our head. Our imagination creates it.

There is a difference between fear and danger. Danger is real. We see the car heading straight for us and we sense danger. Fear of being attacked by a shark keeps us from going to the beach. That is in our head.

Our mindset determines what is and what is **not** to be feared.

Often fear is just False Evidence Appearing Real.

As Zig Ziglar has said "F-E-A-R has two meanings: 'Forget Everything And Run' or 'Face Everything And Rise.' The choice is yours."

When faced with something that we fear, we need to decide to run or stand and face it.

It is easy to live a life that runs from fear. You never have to face fear. But it's no way to truly live since the fear will always remain inside.

If you decide to stand against fear, where does the strength come to face your fears?

The strength to stand comes from two places.

**The strength comes from
Above
and
Inside.**

Strength From Above

As a created being, we need to learn to lean on our Creator for help. He knows how all things work. He created all things (Genesis 1:1) and He created us (Isaiah 64:8).

This need for God's strength has been evident in my life numerous times especially when I decided to work for myself.

The company I had been with for four years was "expanding" (aka moving) to another state. I didn't want to move and told them that I'd help pack the last box, on the last truck, on the last day. But I wasn't going to move.

Before that could happen, I was offered a job at a company that I had tried to join at least three times in the preceding six or seven years. But things didn't work out with that company.

I was now faced with no job. I spent hours in the Psalms looking for comfort.

A Psalm that I found comfort in was Psalm 56:1-3.
In the ESV translation we read:

Be gracious to me, O God, for man
tramples on me;
all day long an attacker oppresses me;
my enemies trample on me all day long,
for many attack me proudly.
When I am afraid,
I put my trust in you. (emphasis added)

I was afraid of what was to come next in my life,
but I was able to trust that God had things under
control. My wife asked me, “didn’t you want to work
for yourself? Maybe this was God’s way of pushing
you to do just that.”

I think she was right. Between her words and the
words in Psalm 113:5-7, I felt that I had been
dusted off and made right. In reading Psalm
113:5-7 (ESV) we are reminded:

Who is like the Lord our God,
who is seated on high,
who looks far down
on the heavens and the earth?
He raises the poor from the dust
and lifts the needy from the ash heap

The time I spent in prayer and reading Scripture during this transition from Corporate life to Self-Employed Life helped me draw closer to God.

When we are in a right relationship with God we can find comfort in Psalm 118:5-6 (ESV)

Out of my distress I called on the Lord;
the Lord answered me and set me free.
The Lord is on my side; I will not fear.

What can man do to me?

(emphasis added)

We are told in Scripture at least 365 times not to fear.

Why are we told that? You and I are told that since we have a tendency of being fearful.

Why are we fearful? We let our imagination get the best of us by allowing it to take our focus off of God. We then don't trust fully in God.

Strength From Inside

As a person that has made it to this stage in life, you have a host of experiences and skills that are unique to you.

You may share skills and abilities with others, but the way in which your skills, abilities, and experiences combine are totally unique to you.

Even people within the same household can turn out drastically different from one another.

Take a few moments to look back over your life to see the skills, abilities, and experiences that you have accumulated.

Then look at where you are now; the problem you are facing, and believe that you can face it.

Learn To Let Out Your Inner David

In the book of 1 Samuel, we find that David was the least of his brothers. He was the one left to care for his father's sheep when Samuel came to Jesse to find Israel's new king (1 Samuel 16).

Later when the Israelites were at war and facing the Philistines' mighty champion Goliath, neither his brothers nor anyone else was willing to face this giant; this fear.

Yet we read in 1 Samuel 17:34-36 that as David was about to go to battle against Goliath, he tells the king how he had been a shepherd and protected his father's sheep from lions and bears. When necessary, he killed them.

David then proclaimed that Goliath would be just like one of those lions or bears.

He then went out with a sling and five smooth stones and slew a mighty warrior who had all the "right" equipment.

How did this shepherd boy, the least among his brothers, was able to stand against Goliath and win?

David had two things in his favor.

David's #1 Advantage

David had a rock solid faith in God.

There was no doubt in his belief that God existed and would be there to help him; not for David's glory but for God's.

In verse 47, David declared to Goliath "For the battle is the Lord's, and he will give you into our hand."

If we are doing things for our honor and our glory, we may or may not win the day. If we are truly doing it for the Lord and for His glory, we can move forward in confidence that the Lord will show up and we will be victorious.

Just be aware that the victory might not be what we anticipate as Isaiah 55:8 reveals to us; "For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD."

You too can have a rock solid faith in God.

David's #2 Advantage

As a shepherd, David had a lot of time on his hands. While the sheep ate, he had time to practice with his sling.

Shepherding can be really boring. Without modern technology to entertain himself, David would have to find something else.

Since he was outside, had a sling, and an unlimited supply of stones, it would make sense that he would become proficient with the sling. Over time and through lots of practice, he became deadly accurate with his shots.

David's skill was tested when a lion or bear came close to the herd. He'd sling a rock at them, scaring a few off, but not all. Eventually, he had to get closer to this terror and go face to face with it.

These experiences would build up not only his skills but also his confidence.

The experiences you have gone through can help you build up your skills and confidence; if you let them.

How To Let Out Your Inner David: Getting Right With God

Have you, like David, turned your life over to God?

David grew up being taught about what the Lord God had done in the history of Israel. The Lord God continued His work when Jesus came down from Heaven to be born of a virgin, live a perfect life, die the death each human should have died, He then was buried and was risen on the third day.

The Holy Spirit convicts each of us of our sins and will help us come to faith in Jesus.

When we are convicted and agree to turn our lives over to Jesus and make Him Lord and Savior, we need to find a place where we can be spiritually fed.

The best place to be fed is by reading the Bible.

If you don't have a Bible, you can download a Bible app. I prefer a modern translation like English Standard Version (ESV). Their app is free.

I'd recommend reading the Gospel of John. After that, the Gospel of Luke and then Acts.

If you want a Scripture reading plan, visit www.FaceYourGoliaths.com/Reading-Plan

Then find a Bible preaching church and connect with fellow believers.

This is the beginning of your journey with God. As you get to know Him more and walk closer with Him, you will be able to trust Him more.

You will be able to trust Him with every aspect of your life. For some it might happen "overnight" and for some, like me, it was a slower process.

He is the Creator of all things and knows how everything works. He will be able to take the mosaic of your life and do wonders with it.

If you let Him.

How To Let Out Your Inner David: See His Hand In Your Life

Look back at your life, as far back as you can.

List out the 6-12 defining stories or events that come to mind.

I attended a Jesuit Prep high school. One day, we were debating faith vs. works in our New Testament Theology class. I said you were saved by faith and not by works (Ephesians 2:8). My classmates thought you could also get in with enough good works. They were mostly Roman Catholics (RC), but not all.

I stood my ground- not easy for a high school kid with glasses. When asked if Grish would go to hell because he was a Hindu, I paused, took a deep breath and said: “Yes, if he doesn’t accept Jesus as his Lord and Savior – he won’t get into heaven.” This outraged my classmates. They couldn’t believe I’d say such a thing. But I held my own and reiterated what the Bible said and quoted other passages.

Our teacher, a Jesuit priest, appreciated my stance.

Even though I don't like having to tell some one they are in danger of going to hell, I enjoyed debating theology and quoting the Bible to defend my stance. I was right and could back it up.

Write your stories down. Be as detailed as possible.

Describe the situation you were in and what you were facing. How did you feel? What was the result? What did you learn from it? What if any passion did it evoke? What aspect of your character was exposed or being worked on?

After reviewing these stories, look for common themes, common phrases, common words or situations. We are looking for the skills or character that these stories show you have.

Did most of them include interactions with people? In a public setting? Private?

These are areas that you have experience. What skills and abilities helped you deal with them?

Were they all successful or did you have set backs?

How could others benefit from your experience?

If you'd like to download a template for this exercise, go to www.FaceYourGoliaths.com/Stories

As you are facing new problems today, how did these experiences prepare you to hand this new challenge?

Your Future

You can learn to face the Goliaths in your life. If you need help facing one of them, you are not alone.

#1: Bring your fear or Goliath to God in prayer

#2: Seek counsel from Scripture

#3: Seek counsel from others

There are many Goliaths that you and I will face. Sometimes we will face it and conquer it. Sometimes we will learn a valuable lesson that will help us face it the next time.

No matter your struggle, others have gone through something similar enough that they can help you.

You also have gone through things that can help others.

You can do this.

Remember, you can always send me an email at Eric@FaceYourGoliaths.com, I am here to help.

About The Author

Eric Gale is first and foremost a Christ follower. He lives north of Baltimore Maryland with his family.

He has been a husband to his lovely wife Carrie since 1997. He loves being a father of three amazing daughters. Since becoming a father, he renewed his studies of the martial arts and has become a 3rd degree Black Belt in Tai Chuan Do Karate. As an avid Star Wars fan he knows that Han Solo was the only one to shoot in the Mos Eisley Cantina. He has been a part of Jeff Goin's TribeWriter community since 2015.

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