

Facing Your Giants and Moving Forward in Life

We all go through hard times in this life and have issues we need to deal with. While it's not easy to face challenges or things that have caused pain, it can actually help us if we let God use them to do a good work in us.

James 1:12 (AMPC) says, "Blessed (happy, to be envied) is the man who is patient under trial and stands up under temptation, for when he has stood the test and been approved, he will receive [the victor's] crown of life which God has promised to those who love Him."

This verse is talking about how going through difficult times and resisting temptation to sin tests and tries us, revealing our true character. It prepares us to pass our tests so we can be promoted and move forward in God's plans for us.

It's time to stop running from things that are hard, that we're avoiding or putting off, because we just don't want to confront them. I'm talking about issues like debt, an addiction, poor health due to bad habits, unhealthy relationships, messes caused by bad choices that have led you to live in self-pity...or anything else that is making you feel guilty, frustrated and weary.

Maybe you've been living with a broken heart—an emotional wound—that's been bleeding for way too long. Perhaps you have an anger issue, bitterness or insecurity that causes you to be easily offended and hard to get along with.

Whatever your "issues" are, they are not just hang-ups, weaknesses or things you have to live with. They are giants coming against you in your walk with Christ. And as a believer in Jesus, you don't have to live with any giant—you are a slayer of giants!

In 1 Samuel 17, we read about David, the shepherd boy who conquered Goliath, the Philistine giant who was oppressing the Israelite army. David's brothers were soldiers, and his father sent him to the battlefield to take provisions to them. When he heard about Goliath, David asked, "Who is this uncircumcised Philistine that he should defy the armies of the living God?" (v. 26, NIV).

It bothered David that these Israelite men of God were standing around, letting Goliath intimidate them, so he said, "I'll fight him!" But King Saul didn't think David could defeat the giant.

So, David told Saul how he had killed the lion and the bear when they came after his sheep. Then he said, "And this uncircumcised Philistine shall be like one of them, for he has defied the armies of the living God!" (v. 36, ESV).

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You've probably heard the story: David took his slingshot and five smooth stones, "ran quickly toward the battle line" (v. 48), and killed Goliath. David used what he had and ran toward the battle—not away from it. God blessed him and made him a giant-killer, and He wants to do the same thing for you!

The first step in confronting your giants is making the decision that you won't live with them any longer, but you will trust God to help you do what you need to do to be free of them. Your attitude should be: I am a giant-killer, and I'm not running from my problems anymore. I'm going to take responsibility for the messes I've made and stop making excuses to avoid them. I'm trusting God to show me what I need to do, and by His grace, I'll do it!

Remember that we are partners with God: We have a part to do and He has a part to do. He won't do our part, and we can't do

His part. When we do what we can do, He will always do what we cannot do. But we have to be willing to obey His direction, doing what He shows us to do.

The next step is to study the Word; look up every Scripture in the Bible that addresses the issue and meditate on each one. Write them down and put them in places where you'll see them often. Pray and ask God to help you apply His truth to your life. It can also help to read books about the subject, and if you need it, get professional help, like counseling.

As you spend time with God, praying and studying Scripture, He will work in your heart, healing your wounds, strengthening your faith and showing you how to move forward to overcome your giants.

The truth is, you don't have to live defeated, with a broken heart and emotional pain. Make your mind up today: "I'm not going to get stuck in the past and give up my future because of something that hurt me. I can't go back and undo it, but I can go forward in Christ. I will have a whole heart and be healed because Jesus came to heal the brokenhearted. I am a giant-killer!" {eoa}

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Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 140 books, including Battlefield of the Mind and Overcoming Every Problem (FaithWords). She hosts the Enjoying Everyday Life radio and TV programs, which air on hundreds of stations worldwide. For more information, visit .

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