

Facing Our Giants

January 04, 2026

1 Samuel 17:44-45; Psalm 38:8-12; 2 Corinthians 1:5-10, 11:24-28

Giants Are Real In Our Lives

Facing The Trauma Of Yesterday To Improve Our Future Tomorrow

I. There are 2 types of giants

- A. Outward
 - 1. Bully
 - 2. Abuser
 - 3. Psychopath
- B. Inward
 - 1. Trauma
 - 2. Shame/guilt
 - 3. Depression

II. What giants do

- A. Taunt us
- B. Challenge us
- C. Scare us
- D. Seek to destroy us
- E. If we don't face them they enslave us
- F. They try to change how we see ourselves, our future, our family, & God

III. A giant most of us face (The giant called trauma)

- A. Seen throughout the Bible
 - 1. Broken spirit
 - 2. Weeping uncontrollably
 - 3. Not wanting to live
 - 4. Distressed, defeated
- B. Seen in the heroes of the faith
 - 1. Paul

- 2. Peter
- 3. Thomas
- 4. Elijah

IV. What is trauma?

- A. A person, event, or circumstance that overwhelms your nervous system's ability to cope
- B. You feel helpless, unsafe, out of control
- C. Trauma is a response to a deeply distressing event, that is physically or emotionally painful
- D. Trauma is real & it's painful & if never treated, it never goes away. It will resurface later in life [waits to be triggered]
- E. You don't heal from trauma pain by stuffing it, ignoring it, denying it, discounting it, defending it, or being stoic, strong, or sarcastic

V. 3 types of trauma

- A. Acute - one time significant event
 - 1. Natural disaster
 - 2. Assault
 - 3. Disease or injury
 - 4. A near "miss" event
 - 5. A serious occurrence
- B. Chronic PTSD
 - 1. Events that occurred over a period of time
 - a. Abusive marriage
 - b. Addiction in the home
 - c. Neglect
 - d. Bullied
- C. Complex trauma
 - 1. Multiple events over time

VI. What trauma does to us [Knocks us "offline"]

- A. We go offline emotionally/relationaly
 - 1. Family connections are broken
 - 2. Avoidance
 - 3. Negative feelings
 - 4. Can't interact positively
- B. We go offline spiritually

1. Doubt God
2. Miss out on what God has for us (we get robbed)

C. We go offline neurologically

1. Amygdala - alarm - emotions
2. Hippocampus - figures out what to do
3. Prefrontal cortex - do something rational - decision

D. We go offline psychologically

1. Brokenhearted
2. Hopeless
3. Intrusive thoughts

E. Physically - trauma impacts immune system
The wounds/pain you can't see are often worse

VII. How do we overcome the (trauma) giant

A. Process it

1. Face the giant
 - a. David faced his giant
 - b. With power, grace, & faith
2. Recognize the pain has prevented us from living out what God has for us
3. Thomas struggled with doubt, Peter struggled with loyalty, courage, & devotion, Martha struggled with blame

B. Pursue others help - guidance

1. Sharing/verbally with others
 - a. Unpacking the pain
 - b. Facing the trauma in a way where you are in control & have support
2. The difference between those who expressed their emotions & those who did not
3. Create healthy relationships
 - a. Paul got around other believers
 - b. Mary Magdalene followed with others

C. Personal investment

1. Writing out your story of God's grace
2. Prayer walks (& talks) alone & with others
3. Create boundaries

- a. It's a privilege for people to have access to you
- b. Don't let others use or abuse you

4. Thankfulness to God daily, what He has brought you through

5. Find a routine, a structure where you get alone with God daily

6. Recognition - I am forgiven, I belong to Jesus, I have a new life in Christ

D. Press into God

1. When we run from God we delay our healing
2. Leaning into God - prayer
Leaning into God - worship
Leaning into God - serving
3. God's redemption plan/mission includes healing the trauma - Isaiah 61:1-2
4. Stop the lie to yourself that says "I am strong enough to handle my problems alone"

E. Pursue the purpose that comes from overcoming trauma

1. We become more aware (seeing what others don't)
2. We have more compassion in certain areas
3. Helping others, as you have been helped
4. God's grace becomes more real & life giving
5. Others see what God can do in them as they recognize your story

F. Points to ponder

1. We don't process alone
2. We pursue others help
 - a. Wisdom in multitude of counselors
 - b. Two better than one
- Ecclesiastes 4:9-12
3. Don't let what happened in your past rob you of your future
4. Maybe this is the year you start the healing process

Invite God Into Your Story, Jesus Said "Come Unto Me Those Who Are Weary & Heavy Laden & I Will Give You Rest"