

# Practice Guide for October 19<sup>th</sup> 2025

## Student Takeover—Facing Giants

### Suggested Ice Breaker (5 minutes)

What’s the scariest “fun thing” you’ve ever said yes to?

### Opening Lectio (10 minutes)

Begin with a moment of silence to center on God’s presence.

Have someone read 1 Corinthians 1:27-31 (NIV) slowly while the group listens and reflects:

*But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. <sup>28</sup> God chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, <sup>29</sup> so that no one may boast before him. <sup>30</sup> It is because of him that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness and redemption. <sup>31</sup> Therefore, as it is written: “Let the one who boasts boast in the Lord.”*

After a short pause, invite someone to pray, asking the Spirit to teach you how to trust God when facing overwhelming circumstances.

### Reflecting On Scripture (15 minutes)

Have someone read 1 Samuel 17:1-53 or divide the reading among the group.

#### Questions for Discussion:

1. What details in this story stood out to you most (the sounds, emotions, or actions)?
2. What do you notice about the contrast between Saul’s armor and David’s shepherd’s tools?
3. How does the story invite us to see the difference between human strength and divine strength?
4. As you listen to David’s words to Goliath, what do you hear about his trust in God’s presence and power?

### Community Practice (25 minutes)

Take 3-5 minutes to journal a response to these questions:

1. What “giant” are you facing right now that feels too big for you?
2. Where do I sometimes feel pressure to wear someone else’s “armor”?
3. What would it look like to face this challenge in your own God-given way?

Share your answers in groups of two or three.

### **Group Discussion:**

- In what areas of life do we tend to depend on human strength, strategy, or image instead of God's presence?
- David's faith awakened courage in the people around him. How has one person's act of faith in our community group encouraged your own faith?
- How might our group or community help one another live at a healthier, holier pace?

### **Closing Prayer (5 minutes)**

Close your time by slowly praying this excerpt from the Breastplate Prayer of St. Patrick (5<sup>th</sup> Century):

*Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.  
Amen.*