

# Battling the Boogeyman

Part 2 – I Samuel 17



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Ranking	Fear of:	Phobia name	% of U.S. Population	NIMH Lifetime prevalence	NIMH 12-month prevalence
1	Public speaking	Glossophobia	74	-	-
2	Death	Necrophobia	68	-	-
3	Spiders	Arachnophobia	30.5	-	-
4	Darkness	Achlutophobia	11	-	-
5	Heights	Acrophobia	10	-	-
6	People or social situations	Sociophobia	7.9	12.1	6.8
7	Flying	Aerophobia	6.5	-	-
8	Confined spaces	Claustrophobia	2.5	-	-
9	Open spaces	Agoraphobia	2.2	1.4	0.8
10	Thunder and lightning	Brontophobia	2.0	-	-

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Demophobia



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Pentheraphobia

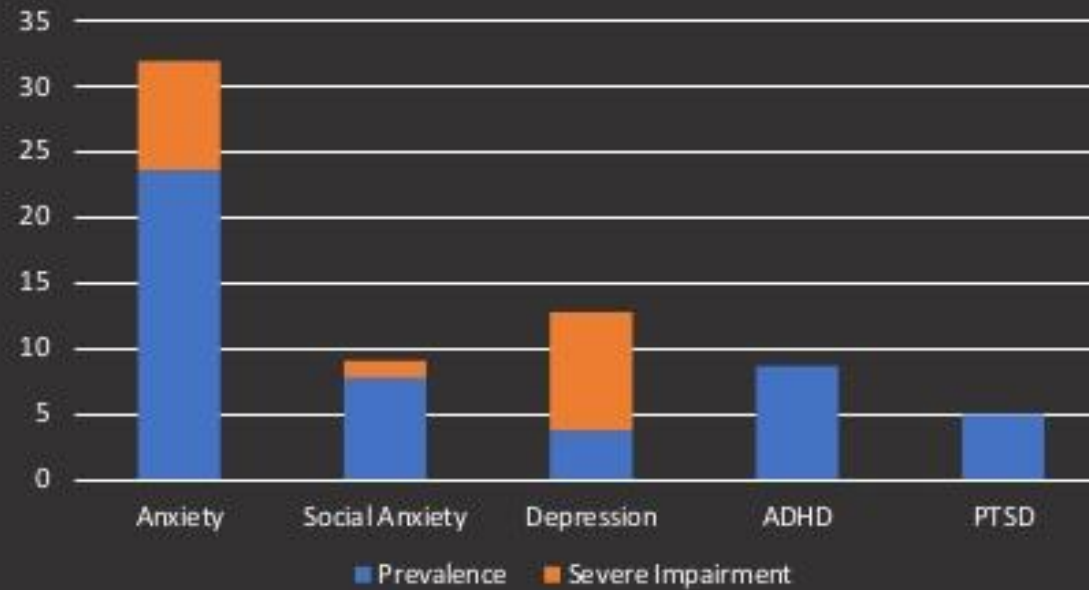


Pentheraphobia is a fear of a  
**mother-in-law.**

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### A population too big to ignore? Prevalence of common mental health conditions in TEENS



Source: National Institute of Mental Health



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## *Identify Your Giant*

<sup>4</sup> A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span.

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<sup>8</sup> “... Choose a man and have him come down to me. <sup>9</sup> If he is able to fight and kill me, we will become your subjects; but if I overcome him and kill him, you will become our subjects and serve us.” <sup>10</sup> Then the Philistine said, “This day I defy the armies of Israel! Give me a man and let us fight each other.”

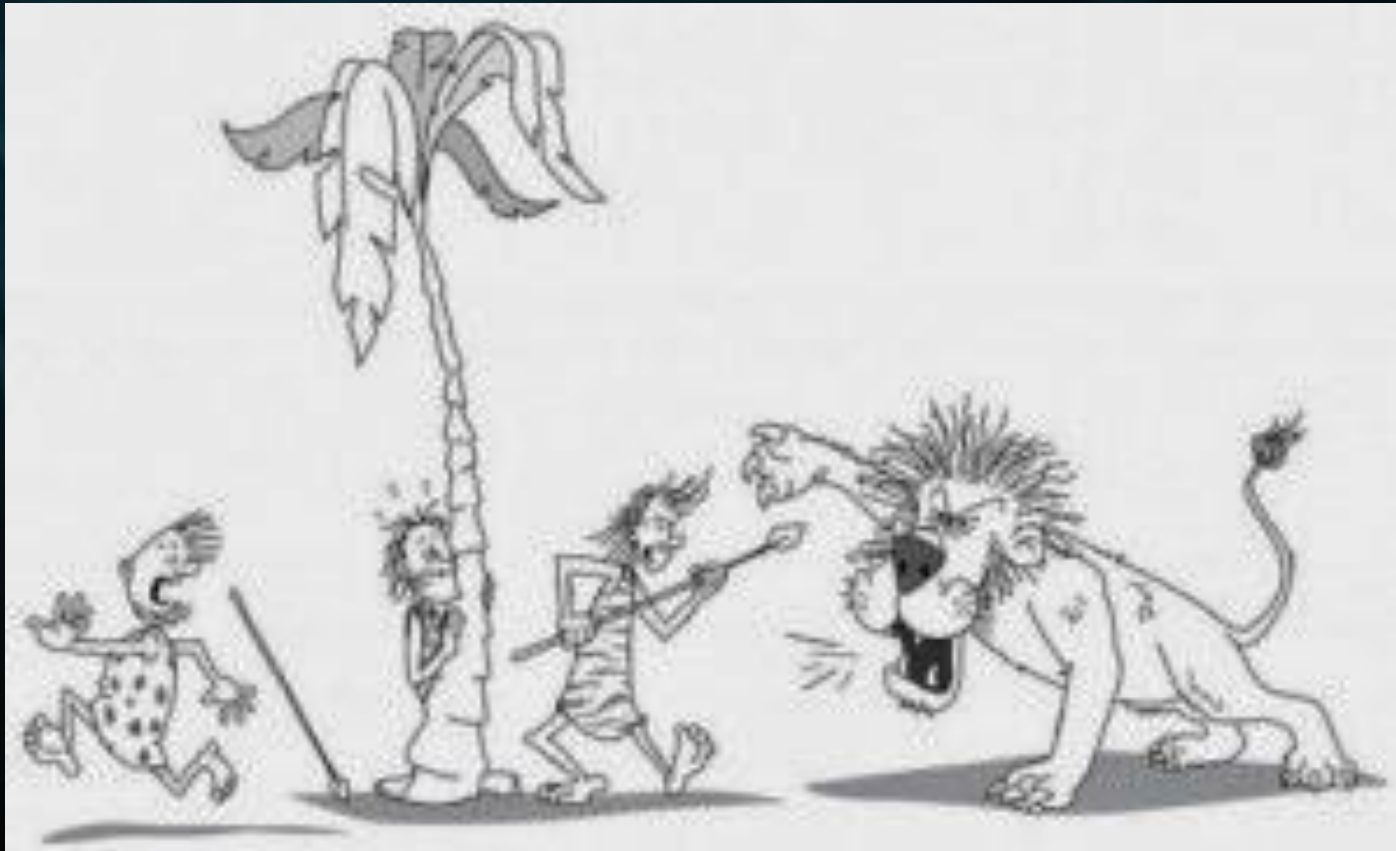
<sup>11</sup> On hearing the Philistine’s words, Saul and all the Israelites were dismayed and terrified.



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<sup>24</sup> Whenever the Israelites saw the man, they all fled from him in great fear.



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17:26 “Who is this uncircumcised Philistine that he should defy the armies of the living God?”

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## *Analyze Your Internal Dialogue*

Number 13:33 “We saw the Nephilim there. We seemed like grasshoppers in our own eyes, and we looked the same to them.”

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### *Verbalize your Confidence in God*

17:45 David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. <sup>46</sup> This day the Lord will deliver you into my hands, and I’ll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. <sup>47</sup> All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord’s, and he will give all of you into our hands.”

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### *Game on!*

<sup>40</sup> Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd's bag and, with his sling in his hand, approached the Philistine. ...

<sup>48</sup> As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him.

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*“How long since you ran toward your challenge? We tend to retreat, duck behind a desk or crawl into a nightclub of distraction or a bed of forbidden love. For a moment, a day, or a year, we feel safe, insulated, anesthetized, but then the work runs out, the liquor wears off, or the lover leaves and we feel Goliath again. Booming. Bombastic. Try a different tack. Rush your giant with a God-saturated soul.” – Max Lucado*