

CRUSHING GIANTS

Overcoming obstacles along the journey
of becoming the best version of yourself.



Introduction

Welcome to “Crushing Giants,” a transformative 5-week study specifically designed for faith-based entrepreneurs and business leaders. This journey is crafted to help you confront and conquer the significant challenges, or “giants,” that often stand in the way of personal and professional growth. As you embark on this study, you’ll find that it’s more than just a series of sessions; it’s a path to deeper faith, resilience, and leadership.

What to Expect:

1. **Focused Weekly Themes:** Each week, we will tackle a different giant that can impede your progress. These themes are fear, doubt, complacency, discouragement, and failure. By addressing these areas, you’ll learn how to transform obstacles into opportunities for growth.
2. **Biblical Insights:** Every session incorporates biblical stories and scriptures that provide profound insights and spiritual guidance. These biblical examples will illustrate how faith has helped individuals overcome immense challenges and will serve as a foundation for your own journey.
3. **Reflection and Exercises:** This workbook is designed to be interactive. Each session includes reflection questions to help you introspect and apply the lessons to your life. Exercises are provided to reinforce the teachings and help you put theory into practice.
4. **Key Takeaways:** At the end of each session, key takeaways summarize the main points, ensuring that you leave with a clear understanding of the concepts discussed. These takeaways are designed to be practical and actionable, guiding you in your daily life and business.
5. **Personal and Professional Growth:** The ultimate goal of this study is to equip you with the tools and confidence needed to overcome the giants in your life. By the end of these five weeks, you should feel more empowered, resilient, and prepared to lead with faith and integrity.



How to Use This Workbook:

- Preparation: Before each session, take a few minutes to pray and prepare your heart and mind. Ask God to open your eyes to new insights and to guide you through the study.
- Engagement: Actively engage with the material. Write down your thoughts, reflections, and responses to the questions. The more you put into this study, the more you will get out of it.
- Application: Challenge yourself to apply what you learn. Each exercise is designed to help you implement the concepts in real-life scenarios. Don't just read and reflect—act on what you learn.

A Journey of Faith:

Remember, this study is not just about overcoming challenges; it's about growing in your faith and leadership. It's about trusting God more deeply and allowing Him to work through you to achieve great things. As you progress through "Crushing Giants," you will not only learn how to defeat these obstacles but also how to strengthen your relationship with God and lead others with grace and courage.

Welcome to the journey. Let's begin the process of crushing giants together!

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Week 1: Facing the Giant of Fear

Session Title: "Conquering Fear: Faith Overcomes All"

Key Scripture:

- 1 Samuel 17:45-47: "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.'"
- Isaiah 41:10: "Do not fear, for I am with you; do not be dismayed, for I am your God."

Reflection Questions:

1. What are some common fears you have faced as an entrepreneur or leader?
2. How does fear impact your ability to make decisions and lead effectively?
3. In what ways did David's faith in God enable him to overcome Goliath?
4. What practical steps can you take to face and conquer your fears?

Personal Reflection:

- Write down a fear that has been holding you back.
- Reflect on how your faith can help you overcome this fear.
- Set one small, actionable goal to confront this fear this week.

Exercise:

- Identify a past experience where you overcame fear. What strategies did you use? How did your faith play a role?

Key Takeaways:

1. Understanding the nature and impact of fear.
2. Learning from David's example of faith and courage.
3. Developing practical strategies to overcome fear.

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Week 2: Defeating the Giant of Doubt

Session Title: "Breaking Doubt: Walking on Water"

Key Scripture:

- Matthew 14:31: "Jesus immediately reached out his hand and caught him. 'You of little faith,' he said, 'why did you doubt?'"
- Proverbs 3:5-6: "Trust in the Lord with all your heart and lean not on your own understanding."

Reflection Questions:

1. How does doubt manifest in your entrepreneurial journey?
2. In what ways did Peter's doubt affect his actions on the water?
3. How can faith help you overcome doubt in your professional journey?
4. What practical steps can you take to build confidence in yourself and your team?

Personal Reflection:

- Identify an area of doubt in your life or business.
- Reflect on a time when your faith helped you overcome doubt.
- Set a goal to address this area of doubt with a concrete action plan.

Exercise:

- Write down three affirmations that reinforce your faith and confidence.
- Share these affirmations with a trusted friend or mentor for accountability.

Key Takeaways:

1. Recognizing and addressing the sources of doubt.
2. Learning from Peter's experience with doubt and faith.
3. Building confidence through practical steps and faith-based strategies.

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Week 3: Conquering the Giant of Complacency

Session Title: "Igniting Passion: Overcoming Complacency"

Key Scripture:

- Matthew 25:21: "His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things.'"
- Colossians 3:23: "Whatever you do, work at it with all your heart, as working for the Lord."

Reflection Questions:

1. How does complacency manifest in your business and personal life?
2. What can we learn from the servant who hid his talent?
3. How can you foster a culture of continuous improvement in your organization?
4. What steps can you take to challenge complacency and inspire growth?

Personal Reflection:

- Identify an area where you feel complacent.
- Reflect on how you can reignite your passion in this area.
- Set a new goal to challenge yourself and break free from complacency.

Exercise:

- Write down a plan for continuous improvement in your business or personal life.
- Share this plan with a mentor or accountability partner for feedback and support.

Key Takeaways:

1. Understanding the dangers of complacency.
2. Learning from the parable of the talents.
3. Developing strategies for continuous improvement and growth.

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Week 4: Battling the Giant of Discouragement

Session Title: "Rising Above: Conquering Discouragement"

Key Scripture:

- Nehemiah 4:14: "Don't be afraid of them. Remember the Lord, who is great and awesome."
- Galatians 6:9: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Reflection Questions:

1. What causes discouragement in your entrepreneurial journey?
2. How did Nehemiah respond to opposition and discouragement?
3. What practical steps can you take to stay motivated and focused?
4. How can you support and uplift others facing discouragement?

Personal Reflection:

- Identify a source of discouragement in your life or business.
- Reflect on how your faith and community support can help you overcome it.
- Set a goal to address this discouragement with a positive action.

Exercise:

- Write a letter of encouragement to yourself or someone else facing discouragement.
- Plan a small act of kindness to uplift someone in your community or workplace.

Key Takeaways:

1. Identifying and understanding the sources of discouragement.
2. Learning from Nehemiah's example of perseverance and faith.
3. Building resilience and maintaining motivation through faith and community support.

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Week 5: Overcoming the Giant of Failure

Session Title: "Turning Failure into Triumph: A Journey of Redemption"

Key Scripture:

- John 21:17: "The third time he said to him, 'Simon son of John, do you love me?' Peter was hurt because Jesus asked him the third time, 'Do you love me?' He said, 'Lord, you know all things; you know that I love you.' Jesus said, 'Feed my sheep.'"
- Romans 8:28: "And we know that in all things God works for the good of those who love him."

Reflection Questions:

1. How do you perceive and react to failure?
2. What can we learn from Peter's failure and Jesus' response?
3. How can you turn failures into stepping stones for success?
4. What strategies can you implement to build resilience and a growth mindset?

Personal Reflection:

- Identify a recent failure and the lessons you can learn from it.
- Reflect on how you can turn this failure into an opportunity for growth.
- Set a goal to apply these lessons in your future endeavors.

Exercise:

- Write down three lessons learned from a past failure and how you plan to use them moving forward.
- Share your insights with a mentor or accountability partner for feedback and support.

Key Takeaways:

1. Redefining failure as a learning opportunity.
2. Learning from Peter's journey of failure and redemption.
3. Developing resilience and a growth mindset to overcome setbacks.

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Conclusion

Final Reflection:

- Reflect on the “giants” you have identified and the steps you have taken to overcome them.
- Write down your key takeaways from each week and how you plan to implement them in your personal and professional life.
- Set long-term goals for continued growth and faith-based leadership.

Prayer and Commitment:

- Write a prayer committing your journey and efforts to God, asking for His guidance and strength to continue overcoming the giants in your life.

Community Sharing:

- Plan a session to share your journey and insights with your community, fostering mutual support and encouragement.

This workbook is designed to accompany the “Crushing Giants” study, providing you with the tools and reflections needed to face and overcome your personal and professional challenges through faith and resilience.