



# Bread for the Journey

## February 2022

## Here be Giants...

Here's a well-known and well-loved Old Testament passage. Can it say anything to us today? Will it remain on the page, or can we let it prompt us in our reflecting on our life-in-God?

Make a tea or coffee, sit down quietly and comfortably when you're not hurrying on to the next thing, and let it, and the questions that follow, speak to you.

*David said to Saul, "Let no one lose heart on account of this Philistine; your servant will go and fight him." Saul replied, "You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth."*

*David said "The LORD who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine." Saul said to David, "Go, and the LORD be with you."*

*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. As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell face down on the ground.*

*So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him. David ran and stood over him. He took hold of the Philistine's sword and drew it from the sheath. After he killed him, he cut off his head with the sword. When the Philistines saw that their hero was dead, they turned and ran.*

1 Samuel 17:32-33,37,40,48-51

Often, we face giants in our lives. Some new; some, like Goliath, a recurring threat, surfacing and facing us for a period of time.

*Who or what are the giants in your life just now?*

Maybe, like the armies of Israel, you feel helpless, hopeless, in the face of this/these giants. But God provided a saviour - David, who used what he knew best- a sling, some stones. And, importantly, faith that God would help.

*What does all this say to you?*

Every giant has a weak point - for Goliath his unprotected forehead. David had his strong points; courage and faith.

*With that knowledge, what would you like to say to God, ask God?*

Help came from an unexpected quarter - a shepherd boy. And after a long and frustrating period when Israel could do little or nothing to help themselves.

*What does this say to you?*

Wrap up all you have thought in a simple prayer to God. Maybe add this, a prayer of St. Thomas More;

*Thank you, dear Jesus,  
for all that you have given me,  
all that you have taken away from me,  
and all that you have left me.*

**If you would like to speak confidentially about your life-in-God do contact one of the Anglican Diocese of Cyprus and the Gulf's, Spiritual Directors Group:**

**Maggie Le-Roy, Retreats Facilitator - [retreats@cypgulf.org](mailto:retreats@cypgulf.org)  
Rev Gill Nisbet, Associate Priest, Abu Dhabi - [gillnisbet@standrewauh.org](mailto:gillnisbet@standrewauh.org)  
Rev Roy Shaw, UK based for Cyprus - [revroyshaw@protonmail.com](mailto:revroyshaw@protonmail.com)  
Sue Riddell, UK based for the Gulf - [sueriddell49@gmail.com](mailto:sueriddell49@gmail.com)**