

1 SAMUEL 17:29

BOOT CAMP

★ FOR ★ GIANT SLAYING

"Is there not a Cause?"



For forty days, Goliath stood in the Valley of Elah, challenging the armies of Israel.

David knew nothing about it.



While fear spread through the camp, David faithfully tended sheep, obeyed his father, strengthened his faith, and prepared his heart. He had no idea that God was using those ordinary days to prepare him for an extraordinary battle.



Neither do you.

Somewhere in your future is a battle you do not yet see. It may come through grief, illness, addiction, financial hardship, betrayal, or circumstances you never imagined. Like the storms described by Jesus in Matthew 7, it will test the foundation upon which your life has been built.



These next forty days are your boot camp.

You are not meant to **react** when the giant appears, you are meant to **respond in faith** knowing you can **withstand his advances**.



MATTHEW 7:24-25 (KJV)

"Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock."



**BUILD TODAY.
STAND TOMORROW.
WIN FOREVER.**



**I HAVE ALREADY DEFEATED THE LION AND THE BEAR.
THE BATTLE BELONGS TO THE LORD.**



1 SAMUEL 17

MY BATTLE PLAN

THE FIVE SMOOTH STONES

I HAVE ALREADY DEFEATED THE LION AND THE BEAR.
GOD HAS ALREADY PREPARED ME FOR THIS BATTLE.

THE LORD
THAT DELIVERED ME
WILL DELIVER ME
AGAIN.



MY 5 SMOOTH STONES

1 MY CALLING

2 MY COMMISSION

3 MY CAUSE

4 MY CAPACITY

5 MY CONVICTION

WHAT I HAVE TO LOSE



MY RELATIONSHIP WITH GOD



MY MARRIAGE & FAMILY



MY HEALTH



MY CHARACTER



MY CALLING & MINISTRY



MY FUTURE



MY SELF-RESPECT



MY FREEDOM

MY PERSONAL BATTLE PLAN



VICTORY VERSES

NO WEAPON FORMED AGAINST
ME SHALL PROSPER.

ISAIAH 54:17

I CAN DO ALL THINGS
THROUGH CHRIST
WHO STRENGTHENS ME.

PHILIPPIANS 4:13

GREATER IS HE THAT IS IN ME
THAN HE THAT IS
IN THE WORLD.

1 JOHN 4:4

DAILY COMMITMENT

TODAY I CHOOSE TO:



READ
GOD'S WORD



GET ALONE
AND PRAY



EXERCISE



HANDLE MY
OBLIGATIONS



PROVIDE FOR
MY FAMILY



BE FAITHFUL TO MY
COVENANT PARTNER
AND TO MY GOD



I HAVE ALREADY DEFEATED THE LION AND THE BEAR.

THE BATTLE BELONGS TO THE LORD.





1 SAMUEL 17

SCRIPTURE FOR THE BATTLE

GOD'S WORD. MY WEAPON. HIS PROMISES. MY STRENGTH.

I RUN TOWARD THE BATTLE WITH GOD BY MY SIDE.
HE HAS ALREADY WON THE VICTORY.

40 DAY SCRIPTURE TRACKER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ:
DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16
PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ:
DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ:
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30	DAY 31	DAY 32
PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ:
DAY 33	DAY 34	DAY 35	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40
PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ: 	PASSAGE(S) READ:



WHY I READ THE BIBLE

- ☐ TO HEAR GOD'S VOICE
- ☐ TO KNOW HIS TRUTH
- ☐ TO FIND STRENGTH
- ☐ TO GROW IN WISDOM
- ☐ TO STAY FOCUSED
- ☐ TO OVERCOME TEMPTATION
- ☐ TO FIGHT THE BATTLE



MY SCRIPTURE GOALS

- ☐ READ MY BIBLE EVERY DAY
- ☐ MEDITATE ON GOD'S WORD
- ☐ APPLY IT TO MY LIFE
- ☐ MEMORIZE SCRIPTURE

NOTES / REFLECTIONS



HOW I WILL DO IT

- ☐ SET A TIME
- ☐ ELIMINATE DISTRACTIONS
- ☐ USE A READING PLAN
- ☐ KEEP A JOURNAL
- ☐ PRAY BEFORE I READ
- ☐ OBEY WHAT I LEARN

DAILY COMMITMENT

TODAY I CHOOSE TO:

☐ READ
GOD'S WORD

☐ GET ALONE
AND PRAY

☐ EXERCISE

☐ HANDLE MY
OBLIGATIONS

☐ PROVIDE FOR
MY FAMILY

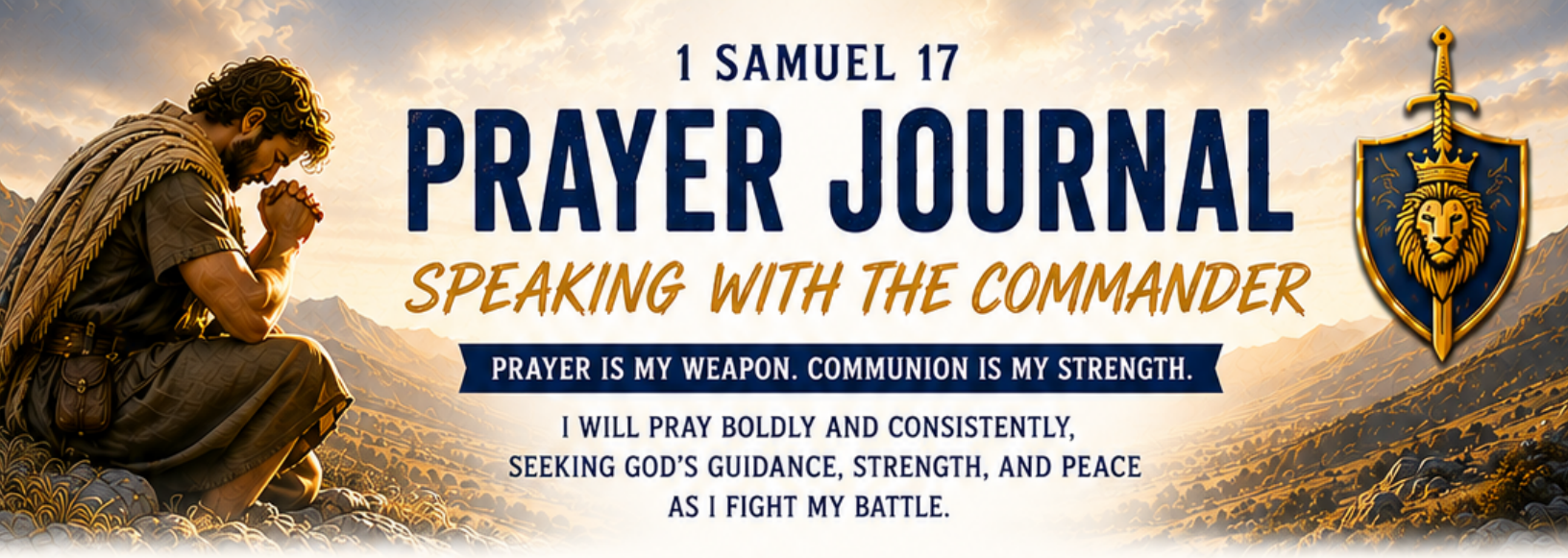
☐ BE FAITHFUL TO MY
COVENANT PARTNER
AND TO MY GOD



I HAVE ALREADY DEFEATED THE LION AND THE BEAR.

THE BATTLE BELONGS TO THE LORD.





1 SAMUEL 17

PRAYER JOURNAL

SPEAKING WITH THE COMMANDER

PRAYER IS MY WEAPON. COMMUNION IS MY STRENGTH.

I WILL PRAY BOLDLY AND CONSISTENTLY,
SEEKING GOD'S GUIDANCE, STRENGTH, AND PEACE
AS I FIGHT MY BATTLE.

WHY I PRAY

-  To honor God with my dependence.
-  To invite God into every part of my life.
-  To seek His guidance and direction.
-  To receive strength for the battle.
-  To find peace in the midst of the fight.
-  To become more like Jesus.

HOW I WILL DO IT

-  Set a specific time each day.
-  Pray in a quiet place without distractions.
-  Use this journal to write and reflect.
-  Pray before I read God's Word.
-  Pray throughout the day, not just in a time.
-  Stay consistent for all 40 days.



PRAYER REQUESTS

My 40-Day Prayer List



PRAYERS ANSWERED

What God Did

MY PRAYER COMMITMENT



I WILL START
MY DAY WITH GOD.



I WILL SEEK HIS
WISDOM AND TRUTH.



I WILL ASK FOR
STRENGTH AND COURAGE.



I WILL PRAY WITHOUT
CEASING.



I WILL TRUST HIS PLAN
AND HIS TIMING.



I HAVE ALREADY DEFEATED THE LION AND THE BEAR.

THE BATTLE BELONGS TO THE LORD.



1 SAMUEL 17

WORKOUT TRACKER

FOR THE BATTLE

GOD'S BODY. MY STRENGTH. HIS GLORY.

I RUN TOWARD THE BATTLE WITH GOD BY MY SIDE.
HE HAS ALREADY WON THE VICTORY.

40 DAY WORKOUT TRACKER

DAY 1 ●	DAY 2 ●	DAY 3 ●	DAY 4 ●	DAY 5 ●	DAY 6 ●	DAY 7 ●	DAY 8 ●
WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____
TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____
DAY 9 ●	DAY 10 ●	DAY 11 ●	DAY 12 ●	DAY 13 ●	DAY 14 ●	DAY 15 ●	DAY 16 ●
WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____
TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____
DAY 17 ●	DAY 18 ●	DAY 19 ●	DAY 20 ●	DAY 21 ●	DAY 22 ●	DAY 23 ●	DAY 24 ●
WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____
TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____
DAY 25 ●	DAY 26 ●	DAY 27 ●	DAY 28 ●	DAY 29 ●	DAY 30 ●	DAY 31 ●	DAY 32 ●
WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____
TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____
DAY 33 ●	DAY 34 ●	DAY 35 ●	DAY 36 ●	DAY 37 ●	DAY 38 ●	DAY 39 ●	DAY 40 ●
WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____	WORKOUT: _____
TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____	TIME: _____



WHY I WORK OUT

- ✝ TO HONOR GOD WITH MY BODY
- 💪 TO BUILD STRENGTH & STAMINA
- 🛡 TO INCREASE DISCIPLINE
- ❤ TO IMPROVE MY HEALTH
- ⚔ TO ENDURE THE BATTLE
- 🏆 TO GLORIFY HIM IN ALL I DO



MY FITNESS GOALS

- I WILL BE STRONGER _____ ☐
- I WILL BE HEALTHIER _____ ☐
- I WILL BE MORE DISCIPLINED _____ ☐
- I WILL NOT QUIT _____ ☐

NOTES / REFLECTIONS



HOW I WILL DO IT

- 🕒 SET A TIME
- 📅 FOLLOW A PLAN
- 🔥 PUSH THROUGH CHALLENGES
- 🕒 STAY CONSISTENT
- 💧 DRINK WATER
- 🛌 REST & RECOVER
- ✝ TRUST GOD FOR STRENGTH

DAILY COMMITMENT

TODAY I CHOOSE TO:

- ☐ WORK OUT
- ☐ EAT HEALTHY
- ☐ DRINK WATER
- ☐ GET ENOUGH REST
- ☐ STAY DISCIPLINED
- ☐ BE FAITHFUL TO MY COVENANT PARTNER AND TO MY GOD



I HAVE ALREADY DEFEATED THE LION AND THE BEAR.

THE BATTLE BELONGS TO THE LORD.





1 SAMUEL 17

THE 40 DAY DAILY ROUTINE

THE LITTLE THINGS MATTER

David defeated the lion and the bear while tending sheep.
The ordinary responsibilities of life prepared him
for extraordinary battles.

THESE DAILY RESPONSIBILITIES MAY SEEM SMALL,
BUT FAITHFULNESS IN THE ORDINARY
BUILDS STRENGTH FOR THE GIANT AHEAD



David defeated the lion and the bear while tending sheep.
The ordinary responsibilities of life prepared him
for extraordinary battles.

A flock of sheep is shown in a field, with the word "sheep." written on the left side of the image.

MY 40 DAY DAILY ROUTINE

WHY IT MATTERS

- Builds discipline
- Creates order
- Protects my marriage
- Prepares me for battle
- Increases capacity
- Removes chaos

- Builds discipline
- Creates order
- Protects my marriage
- Prepares me for battle
- Increases capacity
- Removes chaos

- ✓ Cut the grass
- ✓ Take out the trash
- ✓ Pay the bills
- ✓ Wash the clothes
- ✓ Dishes / clean the kitchen
- ✓ Make the bed
- ✓ Organize my space
- ✓ Meal prep / plan meals
- ✓ Be on time
- ✓ Check in on family
- ✓ Grocery shop
- ✓ Fuel the vehicles
- ✓ Clean up / put things away
- ✓ Follow through on commitments



Champions aren't built
in a day—they're built
in the daily.



THE BATTLE BELONGS TO THE LORD.



40 DAYS

STRONGER THAN THE GIANT

I HAVE ALREADY DEFEATED THE LION AND THE BEAR.

BY GOD'S STRENGTH, I WILL NOT BOW TO THIS GIANT.

MY 40 DAY PROVISION PLAN



MY RESPONSIBILITIES

- ☒ To provide for my family
- ☒ To fulfill my obligations
- ☒ To manage God's resources wisely
- ☒ To plan ahead and be prepared
- ☒ To practice generosity
- ☒ To avoid debt and waste
- ☒ _____



MY GOALS

- ☒ _____
- ☒ _____
- ☒ _____
- ☒ _____
- ☒ _____
- ☒ _____
- ☒ _____



MY WHY

- ☒ To honor God with my resources
- ☒ To lead my family well
- ☒ To live with peace, not stress
- ☒ To build a better future
- ☒ To be a blessing to others
- ☒ To leave a legacy that matters
- ☒ _____

MY DAILY PROVISION ACTION PLAN

✓	DAILY ACTION	HOW I WILL DO IT	TIME / WHEN	COMPLETED
☐	Review my budget			☐
☐	Work toward my income			☐
☐	Track my spending			☐
☐	Build my reserves			☐
☐	Invest in what matters			☐
☐	Give / be generous			☐
☐	Plan for tomorrow			☐

MY FINANCIAL GOALS (40 DAYS)

- ☐ Goal 1: _____
- ☐ Goal 2: _____
- ☐ Goal 3: _____
- ☐ Goal 4: _____

SUCCESS WILL LOOK LIKE

RESERVE BUILDER

By Day 40, I will build or add to my reserves.

Amount Goal: \$ _____

Purpose: _____



20%

DAY 10



40%

DAY 20



60%

DAY 30



80%

DAY 40



100%

VICTORY!



I HAVE ALREADY DEFEATED THE LION AND THE BEAR.

THE BATTLE BELONGS TO THE LORD.

1 SAMUEL 18:3

THE 40-DAY COVENANT

*A COVENANT LIKE DAVID & JONATHAN:
LOYAL. FAITHFUL. FOR LIFE.*

GREATER LOVE
HATH NO MAN
THAN THIS.
JOHN 15:13



DAVID MADE A COVENANT WITH JONATHAN,
AND JONATHAN LOVED HIM AS HIS OWN SOUL.

I ENTER INTO THIS 40-DAY COVENANT WILLINGLY AND WHOLEHEARTEDLY.
I WILL WALK IN FAITH, STRENGTH, AND HONOR AS I FIGHT MY BATTLES.
I WILL NOT WALK ALONE.

COVENANT START DATE: _____

COVENANT END DATE: _____

★ MY COMMITMENTS ★

- ☐  ACKNOWLEDGE MY GIANT
- ☐  CREATE MY BATTLE PLAN
- ☐  READ GOD'S WORD
- ☐  PRAY DAILY
- ☐  EXERCISE FAITHFULLY
- ☐  HANDLE MY OBLIGATIONS
- ☐  PROVIDE FOR MY FAMILY
- ☐  BE FAITHFUL TO MY COVENANT PARTNER.

★ OUR COVENANT AGREEMENT ★

WE PLEDGE TO STAND TOGETHER IN THIS 40-DAY JOURNEY.
WE WILL ENCOURAGE, CHALLENGE, AND HOLD EACH OTHER
ACCOUNTABLE BEFORE GOD.

—  ECCLESIASTES 4:12 (KJV)  —

AND IF ONE PREVAIL AGAINST HIM, TWO SHALL WITHSTAND HIM;
AND A THREEFOLD CORD IS NOT QUICKLY BROKEN.

👑 MY SIGNATURE 👑

DATE: _____

👑 MY COVENANT PARTNER'S SIGNATURE 👑

DATE: _____



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THE BATTLE BELONGS TO THE LORD.

