

SERMON NOTES

The Fight That Formed You

Speaker: Frankie Mazzapica

Main Text: 1 Samuel 17

INTRODUCTION — The Battles That Almost Broke You

- Everyone goes through at least **three major battles** in life that almost break them.
 - These battles are not wasted — they **form** you into who God needs you to be for your assignment.
 - Examples Frankie gives:
 - Divorce
 - Job loss
 - Financial pressure
 - Childhood lack of love
 - Key idea: “**That fight formed you.**”
 - Many people feel stuck in a season, thinking it will last forever — but God is shaping you *in* the season, not just bringing you *out* of it.
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David’s Three Battles

Frankie structures the entire message around **David’s three formative battles**:

1. **The Lion** — a fight for your *voice*
2. **The Bear** — a fight against *crushing pressure*
3. **Goliath** — a fight over your *identity*

All three come from **1 Samuel 17:34–37**.

BATTLE 1 — THE LION: The Fight for Your Voice

Scripture: *1 Samuel 17:34–35*

“When a lion or a bear came and carried off a sheep from the flock, I went after it... struck it... and rescued the sheep.”

Key Point:

Lions go for the throat — the place of breath and voice.

Spiritual Parallel:

The enemy tries to silence your:

- Prayer
- Worship
- Ability to say the name of Jesus

Signs You’re Fighting the Lion:

- You want to pray but can’t.
- You feel spiritually muted.
- You feel ashamed for not praying.
- You feel like your mouth is “ziplocked shut.”

Illustration — National Geographic Clip:

- Lions always attack the throat to cut off breath/voice.

Illustration — Spelunking:

- Spelunking = crawling through dangerously tight caves.
- Represents seasons so tight you can barely breathe or get a word out.
- The “guide’s voice” saved the man — just like the believer must speak *something* to God, even if just His name.

Key Quote:

“Sometimes all you can say is: Jesus, Jesus, Jesus. And God hears every single one.”

BATTLE 2 — THE BEAR: The Fight of Crushing Pressure

Scripture: *1 Samuel 17:35*

Key Point:

Bears crush with weight — not biting the throat.

Spiritual Parallel:

You may be fighting the bear if you feel:

- Depression
- Anxiety
- Constant guilt
- Pressure from family struggles
- Weight you can't shake

Illustration — Bear Fight Video:

- Bears wrestle to get *on top* of the other.
- Once the heavier one gets on top, the weaker collapses.
- This mirrors seasons where life feels too heavy to carry.

Key Quote:

“Some of you have been carrying weight for so long, it never leaves your mind.”

BATTLE 3 — GOLIATH: The Fight Over Your Identity

Scripture:

- 1 Samuel 17:43 — Goliath mocks David
- 1 Samuel 17:45–47 — David responds with faith and identity
- 1 Samuel 17:52 — Israel surges forward after David's victory

Key Point:

Goliath attacks your identity — who you think you are.

How Goliath Speaks:

- “You’re nobody.”
- “Everyone else is anointed but you.”
- “Your best days are behind you.”
- “You’re weak.”

How David Responds:

- He declares who God is.
- He declares who he is as God's child.
- He prophesies victory *before* it happens.
- He talks trash — holy confidence.

Key Quote:

“The battles that were supposed to kill you have done nothing but make you strong.”

Identity Shift:

If you can get through your “Goliath season,”
your **identity** shifts:

- from weak → strong
- from overlooked → anointed
- from unsure → confident

- from fearful → assigned
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THE BIG PICTURE — FORMATION THROUGH FIGHTING

How the Three Battles Work Together:

- **Lion** — You get your *voice* back.
- **Bear** — You learn to stand under *pressure*.
- **Goliath** — You step fully into your *identity*.

Key Truth:

“If God rescued you from the lion and the bear, He will rescue you again.”

Evidence from Your Life:

Look back — the battles that almost broke you did not destroy you.
They *prepared* you.

CALL TO RESPOND

- Lift your eyes.
 - Lift your hands.
 - Say the name “Jesus” repeatedly.
 - Reclaim your voice, release the weight, and declare your identity.
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FINAL CHALLENGE

Every believer is fighting one of these right now:

- the lion
- the bear
- or Goliath

But the victory comes the same way: **“Jesus, I love You. Jesus, I love You.”**