

40 DAYS OF SPIRITUAL

QUARANTINE

FOR OWN HEALTH AND HOPE



WEEK 1

Getting Goliath Out of Your Head

1 SAMUEL 17



Psalm 23

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures,
He leads me beside quiet waters.
He restores my soul.
He guides me in paths of righteousness
for His names' sake.



Psalm 23

Even though I walk through the valley of
the shadow of death, I will fear no evil
for You are with me –
Your rod and Your staff, they comfort me.



Psalm 23

**You prepare a table before me in the
presence of my enemies;
You anoint my head with oil –
my cup overflows.
Surely goodness and love will follow me
all the days of my life,**



Psalm 23

And I will dwell in the
house of the LORD forever.



Psalm 23

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures,
He leads me beside quiet waters.
He restores my soul.
He guides me in paths of righteousness
for His names' sake.



Psalm 121

**I will lift my eyes to the hills.
Where does my help come from?
My help comes from the LORD.**



Psalm 46

**¹ God is our refuge and strength,
an ever-present help in trouble.**

² Therefore we will not fear...



Psalm 46

**¹ God is our refuge and strength,
an ever-present help in trouble.**

² Therefore we will not fear...

⁶ Nations are in an uproar...



quar · an · tine \ 'kwɔr-ən- tēn \ (n)

1: a period of 40 days

2: a restraint upon the activities of persons or the transport of goods designed to prevent the spread of disease

3: a state of enforced isolation



1 Samuel 17:10

**10 “This day I DEFY the armies of Israel!
Give me a man and let us fight
each other.”**



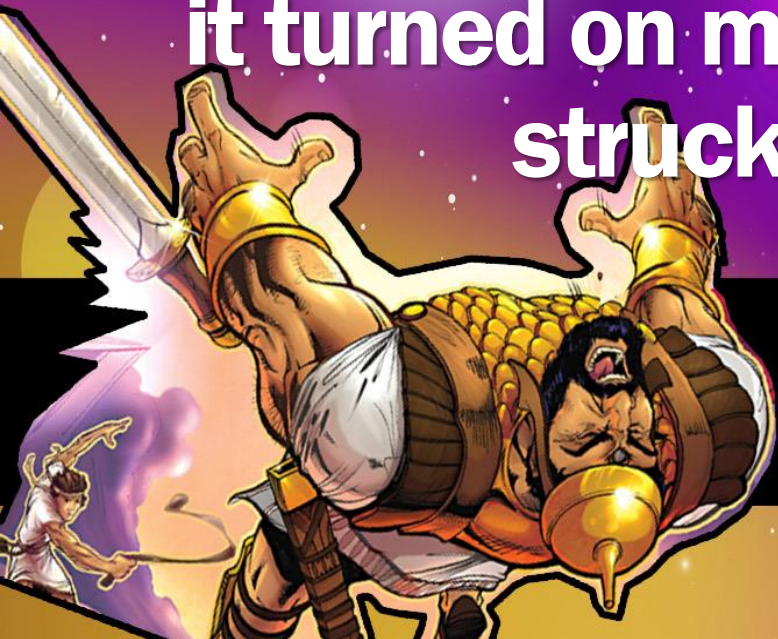
1 Samuel 17:32

**32 David said to Saul,
“Let no one lose heart
on account of this Philistine...”**



1 Samuel 17:34-37

34 “Your servant has been keeping his father’s sheep. When a lion or a bear came and carried off a sheep from the flock, 35 I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it.



1 Samuel 17:34-37

36 “Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God.



1 Samuel 17:34-37

37 “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.”



1 Samuel 17:47

47 “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.”



1 Samuel 17:48-51

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



1 Samuel 17:48-51

49 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 facedown on the ground.



1 Samuel 17:48-51

⁵⁰ 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.



1 Samuel 17:48-51

51 David ran and stood over him. He took hold of the Philistine's sword and drew it from the scabbard. 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.



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