

DEFEATING MY GIANT

This workshop was created by Windows Facilitator, Karen Gonzalez, founder of Helping Hands Resource Center in Los Angeles, California. Karen uses art as a resource for survivors of domestic violence and trauma in a faith-based setting.

She shares the story of David and Goliath and invites us to create our own “Defeating My Giant” Touchstones:

“David was a shepherd boy. One day as he tended to the sheep he wrestled with a bear and defeated it. No one saw David's bravery as they saw him as a weakling. His brothers were warriors.

What David has was his faith in God. David volunteered to fight the giant Goliath. His brothers and everyone laughed at him as they thought he would die.

No-one had been successful to defeat the giant. The king saddled David with so much armor he could barely move. David decided to do it his own way. In his prayer time, God gave him a vision of 5 stones.

He went to face Goliath with just his faith and 5 stones. No armor. Goliath laughed. All David had was his little bag of stones.

David shot Goliath - in the forehead - in one shot. And defeated him.”

This story represents David having his faith and trust in God. Regardless of how big the giant looked, he leaned on God and used a single stone to defeat the giant. We invite you to adapt this to any faith-based setting or spiritual practices you wish.

Directions: Many of us may be facing the giant of fear, trauma, anxiety, and so much more. We invite you to use this project to think about defeating your own Goliath and create your own five stones that can help you stay connected to your faith in the journey.

With the attached worksheet, take a moment to identify whatever giant or giants you are facing in your life. How are you going to defeat your giant with your 5 stones? What images, words, or shapes come to mind?

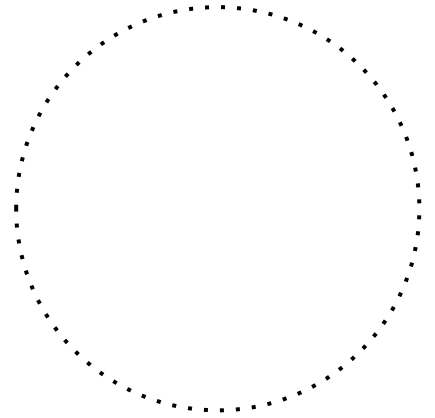
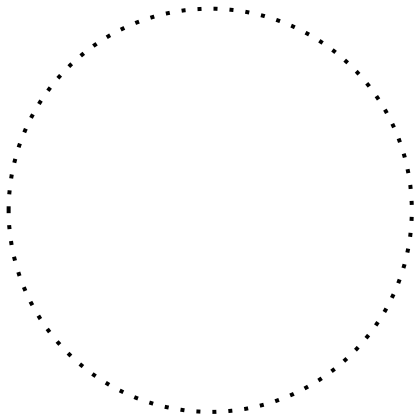
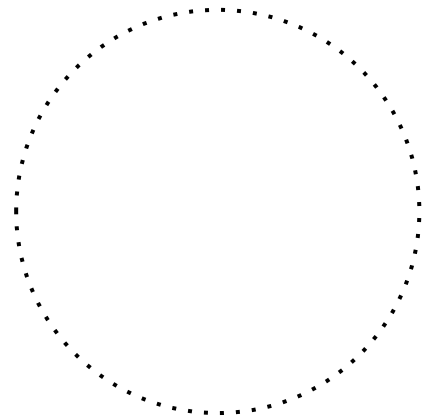
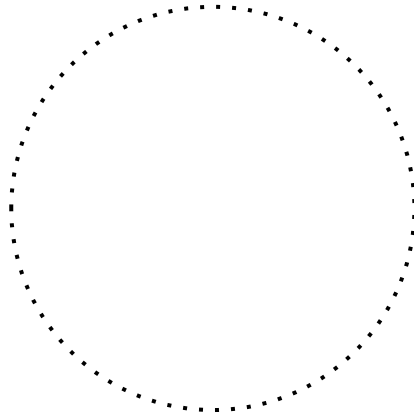
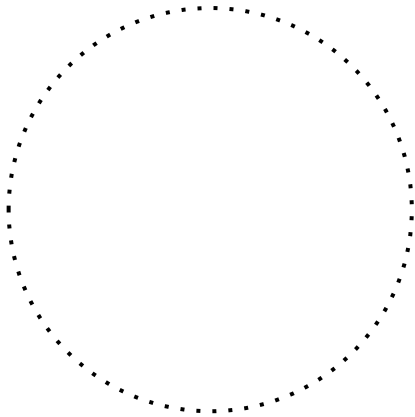
Feel free to cut your paper stones out and laminate them with clear packing tape, and/or create real stones you can carry to remind you to lean on faith and trust God through the process of facing your giant.

“The art is not just the stones but the lived journey of connecting deeply with ourselves and each other.” – Cathy Salser, Founder, AWBW

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What are the giant or giants in my life?

What stones can help me lean on my faith and/or trust God as I face my giant(s)?



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