



THEME OF THE WEEK

OCTOBER 5 – 11, 2026

UNDERSTANDING THE INHERITED GIANTS AND ESTABLISHING A NEW SPIRITUAL MODEL IN MY GENERATION



SUB-THÈME

LEARN TO IDENTIFY FAMILY, COMMUNITY
AND GENERATIONAL GIANTS, TO RECOGNIZE
THE UNFINISHED BATTLES, AND TO RISE LIKE DAVID
TO PUT AN END TO CYCLES OF DEFEAT.



MOTTO OF WOMAN CHRISTIAN SHARES THE WORD

*The Word and meditation: **our stability!**
Grace and joy: **our testimony!***



THEME OF THE WEEK OF OCTOBER 5, 2026

*“UNDERSTANDING INHERITED GIANTS AND ESTABLISHING A
NEW SPIRITUAL PATTERN IN MY GENERATION”*



Axis of Meditation 1: Lord, open my spiritual eyes and give me the discernment to identify the giants that manifest themselves in my family, my community, and my generation, so that what stopped those who came before me will not stop me

Axis of Meditation 2: Lord, give me David's courage to face the battles that others have fled from. Deliver me from the fear, intimidation, and denial that keep me from recognizing the obstacles before me

Axis of Meditation 3: Holy Spirit, teach me to discern spiritual battles, to understand their origins, and to use the spiritual weapons God has placed at my disposal to pull down strongholds

Axis of Meditation 4: Lord, reveal to me the cycles of defeat, the destructive habits, and the limitations that I have considered normal. Give me the wisdom and strength to establish new patterns founded on Your Word

Axis of Meditation 5: Eternal Father, make me a person who rises up for her generation. May my children and those who come after me inherit a testimony of faith, courage, obedience, and victory in Jesus Christ.

Axis of Meditation 6: Lord, give me the determination to take my stand, to no longer flee from my responsibilities, and to accomplish what You have entrusted to me, regardless of my age or my past

1. Bible Passages to Read

★ 1 Samuel 17:16-28 (KJV)

" And the Philistine drew near morning and evening, and presented himself forty days. 17. And Jesse said unto David his son, Take now for thy brethren an ephah of this parched corn, and these ten loaves, and run to the camp to thy brethren; 18. And carry these ten cheeses unto the captain of their thousand, and look how thy brethren fare, and take their pledge. 19. Now Saul, and they, and all the men of Israel, were in the valley of Elah, fighting with the Philistines. 20. And David rose up early in the morning, and left the sheep with a keeper, and took, and went, as Jesse had commanded him; and he came to the trench, as the host was going forth to the fight, and shouted for the battle. 21. For Israel and the Philistines had put the battle in array, army against army. 22. And David left his carriage in the hand of the keeper of the carriage, and ran into the army, and came and saluted his brethren. 23. And as he talked with them, behold, there came up the champion, the Philistine of Gath, Goliath by name, out of the armies of the Philistines, and spake according to the same words: and David heard them. 24. And all the men of Israel, when they saw the man, fled from him, and were sore afraid. 25. And the men of Israel said, Have ye seen this man that is come up? surely to defy Israel is he come up: and it shall be, that the man who killeth him, the king will enrich him with great riches, and will give him his daughter, and make his father's house free in Israel. 26. And David spake to the men that stood by him, saying, What shall be done to the man that killeth this Philistine, and taketh away the reproach from Israel? for who is this uncircumcised Philistine, that he should defy the armies of the living God? 27. And the people answered him after this manner, saying, So shall it be done to the man that killeth him. 28. And Eliab his eldest brother heard when he spake unto the men; and Eliab's anger was kindled against David, and he said, Why camest thou down hither? and with whom hast thou left those few sheep in the wilderness? I know thy pride, and the naughtiness of thine heart; for thou art come down that thou mightest see the battle."

★ 1 Samuel 17:40-50 (KJV)

"To Read....."

★ **1 Chronicles 20:4-8 (KJV)**

“To Read.....”

★ **Ephesians 6:10-18 (KJV)**

“To Read.....”

★ **2 Corinthians 10:3-5 (KJV)**

“To Read.....” (Paul explains that the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds.

To meditate on: Which thoughts, habits, or forms of resistance must be pulled down in my life by the truth of the Word of God?)

★ **Esther 4:13-16 (KJV)**

“To Read.....” (Esther is called to take a stand for her people at a decisive moment.

To meditate on: What if God had placed me in my family and in this generation to bring about change?)

★ **Genesis 17:1-8 (KJV)**

“To Read.....”

2. Diligently Answer the Question(s) of Your Choice (5) Among the Following Questions, in One Audio Recording (10 Minutes Maximum)

Q₀₁-)

★ Spiritual giant : _____

★ Inherited giant : _____

★ Generational cycle : _____

★ Spiritual stronghold : _____

★ Spiritual discernment : _____

Q₀₂-) Why can it be said that Goliath was originally the problem of Saul and the army of Israel, and not that of David?

Q₀₃-) Why did David decide to confront a situation that the other soldiers had accepted for forty days?

Q₀₄-) What is the “Goliath” that I have learned to tolerate in my own life? What decision must I make to begin to face it?

Q₀₅-) What behaviors or difficulties repeat themselves in my family? How can I examine them with discernment without blaming previous generations?

Q₀₆-) What is the difference between acknowledging a problem and living in denial? Give a concrete example.

Q₀₇-) Why did David approach Goliath with a different attitude from that of the soldiers of Israel? What does this difference teach us about faith?

Q₀₈-) In 1 Chronicles 20:4-8, other men defeated giants after David. What lesson can we draw from this succession of victories?

Q₀₉-) If my children or the young people in my family were to observe how I react to difficulties today, what example would they receive?

Q₁₀-) What new spiritual pattern would I like to establish in my family: prayer, Bible reading, discipline, courage, perseverance, or obedience? Explain your choice.

3. Definitions

- ★ ***Spiritual giant:*** In the context of this teaching, a persistent obstacle, limitation, opposition, or battle that seems to exceed human abilities and requires faith, discernment, prayer, and perseverance.
- ★ ***Inherited giant:*** A difficulty or destructive pattern that existed before our generation and whose consequences we may still suffer.
- ★ ***Family lineage:*** The succession of generations within the same family, through which history, values, behaviors, and certain inheritances are passed down.
- ★ ***Destructive pattern:*** A way of thinking, reacting, or acting that repeats itself and leads to negative consequences.
- ★ ***Generational cycle:*** The repetition of behaviors, difficulties, or dysfunctions from one generation to another.
- ★ ***Spiritual warfare:*** A struggle in which the believer relies on God to resist evil, remain firm in the faith, and walk according to His will.

- ★ ***Spiritual discernment:*** The ability to examine a situation in the light of the Word of God in order to recognize what is right and the course of action to take.
- ★ ***Spiritual intimidation:*** Fear or pressure that pushes a person to abandon their trust in God or to give up acting.
- ★ ***Denial:*** Refusal to acknowledge the existence of a problem despite observable signs and consequences.
- ★ ***Spiritual stronghold:*** In the language of 2 Corinthians 10, a resistance or line of reasoning that opposes the knowledge of God and must be confronted by His truth.
- ★ ***New generational pattern:*** A way of living based on new and constructive choices that following generations can take as an example.
- ★ ***Taking one's spiritual stand:*** Accepting one's responsibilities before God and acting with faith, wisdom, courage, and obedience.
- ★ ***Perseverance:*** The ability to remain steadfast despite difficulties and to pursue what is right without giving up.
- ★ ***Spiritual victory:*** The ability, by the grace of God, to resist evil, to walk in obedience, and to progress in the fulfillment of His will.

4. Setting the Context

A few weeks ago, we studied the story of Saul, Agag, Haman, Mordecai, and Esther. We saw how Saul's disobedience, in not fully carrying out God's instructions, teaches us the importance of not leaving certain battles unfinished. Several generations later, we find Haman the Agagite, who sought to exterminate the Jewish people. But Esther and Mordecai rose up to face this threat. We understood that certain decisions made today can have consequences for future generations and that God can raise up a person to put an end to a situation that has lasted a long time.

This week and during this Friday's theme, we will continue this teaching with another biblical story: that of David and Goliath. This time, we will discover a young man who arrives before a battle he did not start, but which he refuses to let continue. For forty days, an entire army had been intimidated by a single giant, and no one

dared to confront him. Yet David, who had not even come to fight, decided to rise up. Why did David have the courage to confront what others had learned to tolerate? What had he understood that the others had not? And above all, what does this story teach us, as women, concerning the battles we encounter in our families and the situations we have sometimes accepted as normal?

This is what we will discover in this new study, in order to understand that we may not be responsible for the origin of certain battles, but that we can, with God's help, become those who rise up to face them and who establish a new inheritance for future generations.

Every family, every community, and every nation has a history. Some generations pass on to us an inheritance of faith, courage, wisdom, perseverance, and blessings. However, we can also grow up in the midst of difficulties, destructive behaviors, limitations, and cycles that seem to repeat themselves from one generation to the next.

In reading 1 Samuel 17, an important truth is presented: Goliath was not originally David's problem. Goliath was the problem of Saul and of the entire army of Israel. For forty days, he had defied the people of God. The soldiers had even learned to live with this intimidation. Just like us, who sometimes learn to live with certain problems that did not begin with us (everything that currently affects us, and even our children, and that we see but neglect). The children of Israel knew about the presence of the giant, but no one wanted to confront him.

Initially, when David arrived at the camp, he had not come to fight Goliath. His father had sent him to bring provisions to his brothers. Yet David discovered a situation that he could not accept. What is that situation that you, too, in your family, want to refuse to accept? What others had learned to tolerate, David decided to confront.

This story teaches us that there are situations we did not create, but whose consequences we may suffer. Some difficulties were present long before our birth. We may encounter them in our family, our environment, or our community. But the real question is this: are we going to continue to live with these limitations simply because they existed before us?

In reading the book of Chronicles, we receive a few more details concerning the giants and also discover another important element: after the death of Goliath,

other giants appeared. In 1 Chronicles 20, we discover that other men rose up to fight them.

David was therefore no longer the only one to face the giants. His victory had helped establish a new pattern of courage among the men of Israel. Since he had already won a victory, it surely could have given courage to other leaders or spiritual people to rise up against these giants. It takes one person to begin. Very often, in our families, it is we whom God wants to use. But very often, we are distracted and naive in the face of situations, and we are not serious in the battle, because we do not even understand spiritual warfare or what is at stake in this battle.

In this new season, our goal is to understand that we are not obliged to reproduce all the habits, fears, limitations, and bad patterns that we have observed in our environment. Through faith in Jesus Christ, obedience to His Word, and the help of the Holy Spirit, we can learn to act differently.

For women and young girls, this teaching is particularly important. We must learn to recognize the behaviors we have normalized, the fears we unintentionally pass on, the bad decisions that repeat themselves, and the situations in which we have given up acting. It is not a matter of blaming our parents or previous generations, but of understanding our responsibility before God.

We cannot change the past, but today we can make decisions that will positively influence future generations.

5. Introduction to the Theme

In 1 Samuel 17, we see Goliath, a giant who defied the armies of Israel. His presence caused fear, intimidation, and discouragement among the soldiers. For forty days, no one had the courage to rise up and fight him. But when a young man named David arrives at the camp, the situation begins to change. David does not look at Goliath the same way the other soldiers do. Where the others see a giant impossible to defeat, David sees an opportunity to demonstrate his trust in the living God. He refuses to accept a situation that the others had come to consider normal.

This story should lead us to examine our own way of reacting to difficulties. Very often, in our families, we learn to live with certain problems simply because they have existed for a long time. We end up accepting them, tolerating them, and

sometimes even passing them on to our children without realizing the consequences. Some people convince themselves that nothing will change, that no one in their family has ever managed to overcome these difficulties, or that it is impossible to go further. Yet David's victory shows us that our past, our environment, and the experiences of previous generations do not necessarily have to determine our future. The question, then, is what we have learned to tolerate when God may be calling us to rise up and face it.

In this teaching, we also discover three levels of giants: family giants, community giants, and national giants. This should push us to examine what repeats itself around us, in our families, our communities, and even our nations. It is not enough merely to note that a problem exists. We must seek to understand how it works, recognize the obstacles that stand before us, and ask the Holy Spirit for the discernment needed to know how to act. Very often, we pray without truly understanding the battles we are facing, and sometimes we neglect certain situations because we do not understand what is at stake in spiritual warfare.

Another important point when we do research is found in 1 Chronicles 20:4-8. After David's victory over Goliath, we discover that other giants appeared, but this time, other men rose up to fight them. This shows us that David's victory did not only have an impact on his own life, but also helped establish a new pattern of courage among the men of Israel. David had started something that others continued. His victory surely encouraged others to understand that it was possible to confront and defeat the giants. It took one person rising up for others to also find the courage to rise up.

This is also what we must understand as women. Very often, in our families, God may want to use us to start something new, to put an end to certain bad habits, and to establish a different pattern for our children and future generations. But we are sometimes so accustomed to certain situations that we no longer even realize how serious they are. We become distracted, negligent, or passive in the face of problems that nevertheless require our attention, our prayer, our discernment, and concrete decisions. We must understand that the way we react today can influence the way our children will react tomorrow.

Our prayer this week is therefore: "Lord, open my eyes so that I may recognize the situations I have accepted out of fear, ignorance, negligence, or discouragement. Give me the courage of David, the wisdom to discern the battles I

must fight, and the strength to obey Your Word. Help me no longer to consider as normal the situations that I must confront. Make me a woman who rises up for her generation, a woman who establishes a new pattern of faith, courage, and obedience, so that my children and future generations may inherit a testimony of victory and not of unfinished battles. In the name of Jesus Christ. Amen!”

6. Objective of the Theme

The objective of this fast is to help every woman, young girl, and participant understand that certain difficulties may exist before our arrival in a family or community, but that we can choose not to reproduce the behaviors that sustain them.

Through the story of David and Goliath, we want to learn to recognize the situations in which we have drawn back, the limitations we have accepted, and the responsibilities we must now assume.

We will also examine how David's victory influenced other men, notably Sibbechai, Elhanan, and Jonathan, who also faced giants.

At the end of this study, each participant should be able to identify at least one negative (repetitive) pattern in her life or environment, explain how David's faith transformed the way he faced Goliath, and propose a concrete decision to establish a new pattern of faith and obedience in her generation.

Our goal is not only to recognize the giants, but to become women who take their stand and who pass on a spiritual inheritance of courage and faithfulness to God.

To learn more about our prayer sessions, check the schedules, access the biblical teachings, and discover our various activities, we invite you to visit our website:  <https://womensharetheword.com/>

Christian Women Share The Word

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