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Facing Modern Giants and Strongholds

By Tori King November 5, 2026

Ephesians 4:26-27 says, “In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

In 1 Samuel 18, David returns from defeating Goliath and the Philistines. The women of Israel hit the streets dancing and singing, “Saul has slain his thousands, and David his ten thousands.” Instead of celebrating a national victory, King Saul viewed David’s success as a personal failure. King Saul’s identity was entirely tied to his position and the applause of people instead of God’s approval; his internal insecurity was exposed. The Bible says King Saul was very angry, and he said, “They have credited David with ten thousands; what more can David have but the kingdom?”

King Saul’s immediate reaction was anger and jealousy, and he began to eye David with suspicion from that day forward.

Modern giants represent the voice of insignificance and fear. They are designed by the enemy to distort your identity and are territorial blockades to your spiritual growth. If God has promised you peace, the giant of anxiety will try to occupy your mind; if God has promised you purpose, the giant of stagnation or past trauma will try to block the path. They are massive hurdles you must actively confront to possess what God has already provided.

Strongholds are built on uncaptured thoughts. 2 Corinthians 10:5 says, “We bring into captivity every thought to the obedience of Christ.” King Saul allowed a stronghold of anger and jealousy to rule in his mind. He allowed his own heart to become bitter and continued for years trying to kill David.

Many of us today are trying to fight life’s external battles while letting internal enemies rule our hearts and families. If the enemy has gained a foothold in your thought life, bring it to the feet of Jesus and break the cycle before it breaks you.

1 Samuel 20:33: King Saul’s bitterness poisoned his whole family. His anger caused him to throw a javelin at his own son, Jonathan. Today, rage and verbal abuse surface in families because no one is willing to stop, repent and pull down the strongholds according to the Word of God.

Let us face the giants that have crippled our families and pray for restoration and healing.