"Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death. It doesn’t matter whether you are a lion or a gazelle; when the sun comes up, you’d better be running."

1 Samuel 17
2 Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines.
3 The Philistines occupied one hill and the Israelites another, with the valley between them.
4 A champion named Goliath, who was from Gath, came out of the Philistine camp. He was over nine feet tall.

8 Goliath stood and shouted to the ranks of Israel, “Why do you come out and line up for battle? Am I not a Philistine, and are you not the servants of Saul? Choose a man and have him come down to me.

11 On hearing the Philistine’s words, Saul and all the Israelites were dismayed and terrified.
26 David asked the men standing near him, “What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?”

33 Saul replied, “You are not able to go out against this Philistine and fight him; you are only a boy, and he has been a fighting man from his youth.”

34 But David said to Saul, “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.

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.
37 The LORD who delivered me from the paw of the lion and the paw of the bear will deliver me from the hand of this Philistine.”

41 Meanwhile, the Philistine, with his shield bearer in front of him, kept coming closer to David.
42 He looked David over and saw that he was only a boy, ruddy and handsome, and he despised him.
43 He said to David, “Am I a dog, that you come at me with sticks?” And the Philistines cursed David by his gods. 44 “Come here,” he said, “and I’ll give your flesh to the birds of the air and the beasts of the field!”

45 David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty, the God of the armies of Israel, whom you have defied.

46 This day the LORD will hand you over to me, and I’ll strike you down and cut off your head. Today I will give the carcasses of the Philistine army to the birds of the air and the beasts of the earth, and the whole world will know that there is a God in Israel.

1 Samuel 18:6–7
6 When the men were returning home after David had killed the Philistine, the women came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs and with tambourines and lutes. 7 As they danced, they sang: “Saul has slain his thousands, and David his tens of thousands.”

1 Samuel 26:18 The king then ordered Doeg, “You turn and strike down the priests.” So Doeg the Edomite turned and struck them down. That day he killed eighty-five men who wore the linen ephod. 19 He also put to the sword Nob, the town of the priests, with its men and women, its children and infants, and its cattle, donkeys and sheep.
Psalm 3
1 LORD, how they have increased who trouble me! Many are they who rise up against me.
2 Many are they who say of me, “There is no help for him in God.”
3 But You, O LORD, are a shield for me, my glory and the One who lifts up my head.

4 I cried to the LORD with my voice, and He heard me from His holy hill.
5 I lay down and slept; I awoke, for the LORD sustained me.
6 I will not be afraid of ten thousands of people who have set themselves against me all around.
7 Arise, O LORD; Save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly.
8 Salvation belongs to the LORD. Your blessing is upon Your people.

1 Be merciful to me, O God, for men hotly pursue me; all day long they press their attack.
2 My slanderers pursue me all day long; many are attacking me in their pride.
3 When I am afraid, I will trust in you.

4 In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?

5 All day long they twist my words; they are always plotting to harm me.
6 They conspire, they lurk, they watch my steps, eager to take my life.

7 On no account let them escape; in your anger, O God, bring down the nations.

8 You number my wanderings; put my tears into Your bottle; are they not in Your book?

9 When I cry out to You, then my enemies will turn back; this I know, because God is for me.
10 In God, whose word I praise, in the Lord, whose word I praise—
11 in God I trust; I will not be afraid. What can man do to me?
Psalm 57

1 Have mercy on me, O God, have mercy on me, for in You my soul takes refuge. I will take refuge in the shadow of Your wings until the disaster has passed.

2 I cry out to God Most High, to God, who fulfills his purpose for me.
2 I cry out to God Most High, to God, who fulfills His purpose for me.

3 He sends from heaven and saves me, rebuking those who hotly pursue me; Selah God sends his love and his faithfulness.
4 I am in the midst of lions; I lie among ravenous beasts—men whose teeth are spears and arrows, whose tongues are sharp swords.

5 Be exalted, O God, above the heavens; let your glory be over all the earth.
6 They spread a net for my feet— I was bowed down in distress. They dug a pit in my path—
   but they have fallen into it themselves. Selah

7 My heart is steadfast, O God, my heart is steadfast; I will sing and make music.
8 Awake, my soul! Awake, harp and lyre! I will awaken the dawn.
9 I will praise you, O Lord, among the nations; I will sing of you among the peoples.
10 For great is your love, reaching to the heavens; your faithfulness reaches to the skies.
11 Be exalted, O God, above the heavens; let your glory be over all the earth.

WE WILL ALWAYS HAVE A CHOICE WHICH SIDE OF THE TEETER TOTTER WE WANT TO SIT ON.