

# DISCUSSION NOTES

**MARCH 22, 2020**

*Start by praying and asking for God's help as you seek to grow as authentic followers of Jesus.*

## GETTING STARTED

1. If you had to pick just 2-3 words, how would you describe your outlook or feelings about this global pandemic and your new day-to-day reality?

## LISTENING TO GOD'S WORD

2. Read 1 Samuel 21:1-15. Make 5-7 observations. Who is present? What emotions are shown? What is surprising? What action takes place? What stands out most to you?
3. What has recently transpired in David's life before now which caused him to flee to Nob and then to Gath? Which of these difficulties do you think would be most emotionally difficult to endure?
4. In verses 1-9, what character faults emerge in David's responses to this difficult scenario? Why do you think he acted in these ways? Do you find his responses reasonable? Why or why not?
5. In verses 10-15, why is David's flight to Gath so surprising? How does this become a real low point in the life of David? If you were David, how would you have felt about yourself after this situation was resolved?
6. Read Psalm 34 and Psalm 56. Notice the subtitle or description of each Psalm — according to these statements, when were these Psalms written? What stands out to you about these Psalms? What light do they shed on what David learned through his experiences recorded in 1 Samuel 21?

## LIVING IT OUT

7. Pastor Jeff mentioned that our hearts are like "trail mix" in that we each have good stuff and bad stuff in our hearts. What does it mean that our hearts are mixed? What are the ramifications of this in our day-to-day lives and sanctification (the process of growth by which we seek to live God-honoring lives increasingly over time)?
8. Can you think of any Bible verses that speak to the good and bad that comes out of our hearts? How long will this reality be a struggle for us?
9. In the moments we read about, it appears that David sees pain in his past and questions in his future which caused him to feel fear in the present. Can you relate? What does it look like when you have a similar melt down? How does Psalm 56:8 provide a balm to soothe our fear or worry?
10. Psalm 56:3-4, 10-11 are similar statements. In these verses, where does David encourage us to place our trust? Where do we see the strength that results when we choose faith over fear? When you are afraid, what things help you to find strength in God?
11. Read Hebrews 4:14-16. Why is it essential for us to hold fast to Jesus in our time of need? How can we be certain that Jesus will offer a sympathetic ear for our troubles? Why should we have such great confidence that we will always receive mercy and grace from him?
12. What is one lesson from this study that you want to remember and incorporate into your life?