

STUDENT DISCUSSION NOTES

MARCH 29, 2020

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

GETTING STARTED

1. What is one high point and one low point from your last week?

LISTENING TO GOD'S WORD

2. Read 1 Samuel 22:1-23. Make 5-7 observations. Who is present? What action takes place? What stands out most to you? What is surprising?
3. In verses 2-5, how would you describe the people who joined David in the caves of Adullam? If you pretend that this group were high school kids, what do you think they would be like?
4. In verses 10-19, how would you describe Saul as a leader? Who refuses to carry out Saul's order of execution? Would it be difficult to refuse an unrighteous order of a king?

[Note: for later study, consider how this horrendous episode fulfills a prophecy in 1 Samuel 2:31-36.]

5. Read Psalm 142 (you might want to read in the Message version). Notice the subtitle or description the Psalm — according to this statements, when was this Psalm written? Why do you think this Psalm helped David to grow spiritually?

What is one phrase or sentence from Psalm 142 that catches your attention and is helpful to you?

LIVING IT OUT

6. Pastor Jeff mentioned that Psalms are like a “pharmacy for our souls” where you will find something to help everything that ails you. How have you found the Psalms to be personally helpful and encouraging? Is there a specific Psalm that is a favorite for you?
7. Tim Keller wrote, “Every single emotion should be processed in prayer.” Do you find it easy to talk to God about how you are feeling? Why or why not?
8. In the sermon, we explored *Three Ways David Processed His Life Experiences*:
 - 1) David was hurt enough to admit his struggle
 - 2) David was honest enough to seek help
 - 3) David was humble enough to learn from the Lord

Which of the three is most difficult for you to do? Which seems most important to you right now?

9. 1 Samuel 22:23 says, “Stay with me; do not be afraid, for he who seeks my life seeks your life. With me you will be in safekeeping.” How is this a wonderful picture of finding refuge in the care of a friend? How does David's action here foreshadow the refuge Christ gives to us (Hebrews 6:18)?
10. How many people in our world need to hear a church say, “Stay with us; do not be afraid...With us you are safe”? How can we share the love and grace of Jesus with those around us?
11. What is one practical step you can take this week to bring this lesson into practice?