

# DISCUSSION NOTES

**MARCH 29, 2020**

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

## LISTENING TO GOD'S WORD

1. 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?
2. Verse 1 says that David had "departed from there and escaped..." Take a moment to review where David had come from and why he had needed to escape.
3. In verses 2-5, how would you describe the people who joined David in the caves of Adullam? What do you think drew this group to seek out David as their leader?
4. In verses 10-19, how would you describe Saul's state? Who refuses to carry out Saul's order of execution and who is willing to complete it? What is significant about this?  
[Note: for later study, consider how this horrendous episode fulfills a prophecy in 1 Samuel 2:31-36.]
5. Read Psalm 142 and Psalm 57. Notice the subtitle or description of each Psalm — according to these statements, when were these Psalms written? Why do you think these helped David to grow spiritually? What is one phrase from these psalms 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 to which you regularly return?
7. Why do you think God allows disruptions to occur in our lives, even when they are painful to endure? What benefits can come from our "cave dwelling" days? Can you recall a particular time in your life where you've seen difficult seasons work out for your good and for God's glory?
8. Tim Keller wrote, "Every single emotion should be processed in prayer." What did he mean?
9. 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? Which seems most important to you in these times?

10. 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)?
11. 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 increasingly become a place where the grace of Jesus frees us to be completely honest with our lives and completely sincere with our faith?
12. What is one practical step you can take this week to bring this lesson into practice?