



## DISCUSSION GUIDE

Week Three  
1 Samuel 30

### PRAY

Take time **before** your discussion to pray with and for one another. Be sure to write down the things you'll be praying for so you can continue to pray for your group throughout the week.

→ If you're meeting virtually, use the Chat feature to write out these requests as they are shared. Use that list as a reference during the prayer time (and you can copy & paste it for your reference later in the week).

### INTRODUCTION

What kind of circumstances make you feel like you are at the end of yourself?

How do you typically relate to God when you are feeling overwhelmed?

### READ 1 SAMUEL 30

Take a look at vv. 1-5. What did David and his men return to, and how did they respond? How would you have responded to this situation?

Verse 6 tells us that David found strength in the Lord. What were some of his other options where he could have tried to find his strength?

Talk about some of the things David does as a result of the strength he has been granted in the Lord.

What sort of connections are evident between this story and the Gospel? Why is that important?

Pastor Joshua laid out a variety of practical ways to find strength in the Lord (see attached). Take a few minutes together and talk through this list of spiritual practices:

Which of these practices do you do (or have done)? Which might be helpful for you to add to your arsenal?

What might you add to this list?

Which one of these will you commit to doing this week?

### PRAY TOGETHER

Take time to pray for one another about the things that are burdening you. Pray that each would seek to find strength in the Lord in the week ahead, perhaps by incorporating a new spiritual practice.



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### **PRACTICAL WAYS TO FIND STRENGTH IN THE LORD**

- Listening to or singing worship songs that declare God's power and strength. (Ps 96:1-4)
- Fixing my eyes on Jesus and the cross (Hebrews 12:1b-3).
- Spending time in the Word and memorizing strategic Scriptures about God's goodness and the blessings He has in store for those who persevere (James 1:12)
- Remembering that God is using these difficult times to grow me (Read James 1:2-4).
- Taking a moment to view whatever challenge I'm facing in light of eternity (2 Cor 4:17)
- Leaning into Jesus as my High Priest, who understands and empathizes (Heb 4:14-16) – knowing that I can go to Him about anything – and receive help and encouragement.
- Rehearsing the stories of God's faithfulness over the course of my life (Ps 40) – as a way of reminding myself that God will continue to be faithful to me in the future.
- Spending time with brothers and sisters in Christ who encourage me and model for me "finding strength in the Lord" (1 Sam 23:15-17)
- Celebrating the good news that my victory is not dependent on my perseverance, but on the finished work of Jesus, whose perseverance already won the victory! (John 19:30)