



1 Samuel 22

Last week

- David has been very successful as a soldier
- Saul wants to kill David
- David has to flee

1 Samuel 22:1

- David has gone to hide in a cave
- *What do you think David is feeling right now?
- depressed
- defeated
- angry

Psalm 142

What emotions does David express?

- frustration
- betrayal
- despair (what can I do now?)
- depression (brought very low)

*As followers of God, it's alright for us not to always be happy. It doesn't mean we aren't following God well

*It is good for us to be honest with God and with others about our feelings

*What would you do in this situation?

- get angry and trying to blindly fight back
- give up

-Tough times will come in life

What does David do?

1) He turns to God for strength

-Psalm 57:1-3

- David has been honest with God about how he is feeling
- He looks through his emotion to see that God is good and cares for him

*Our faith in God doesn't magically make our pain go away but it gives us strength to keep moving forward

2) He is humble enough to accept the help God has put around him

-1 Samuel 22:2

- a bunch of outcasts gather to David in the cave
- David becomes their commander and turns them into a small army
- 2 Samuel 23 - these guys end up doing some crazy stuff
- David could have been too proud and not willing to associate with these guys
- David taking them under his wing turns both his life and their lives around
- Romans 12:16

*If we are prideful, we will miss some of the blessings God wants to give us
-this could be friends or opportunities