



LIFE GROUP DISCUSSION GUIDE

For the week of 1/28/2024

This week, we study 1 Samuel 30 and unwrap David's emotions as he faces devastating loss. Despite the desperation, David finds strength in God alone. Learn how David slowed down to seek the Lord before reacting. Discover why he inquired of God again and again while processing pain. David's journey shows how intimacy with God equips us to handle hardship.

Read 1 Samuel 30:1-6 *David and his men reached Ziklag on the third day. Now the Amalekites had raided the Negev and Ziklag. They had attacked Ziklag and burned it, 2 and had taken captive the women and everyone else in it, both young and old. They killed none of them, but carried them off as they went on their way. 3 When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. 4 So David and his men wept aloud until they had no strength left to weep. 5 David's two wives had been captured—Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. 6 David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God.*

1. Consider the reactions of David's men, including their intense grief and anger. How do you typically handle intense emotions when facing difficulties? How might these emotions impact decision-making and relationships?
2. David chose to "find strength in the Lord" when facing a crisis, even though he was clearly distraught. When have you chosen to rely on God's strength during a difficulty in your own life? What was that experience like?
3. The men with David reacted with bitterness and anger, but David practiced self-control. Why do you think it's so hard to control our emotions when bad things happen? What helps you specifically to respond in a godly way?
4. David avoided having an "angry mindset" and instead focused on praising God, even in his painful circumstances. How could cultivating gratitude and praise help you stay close to God during a crisis?
5. **Read John 14:15-18 & John 15:5-8** These verses emphasize remaining or abiding in Christ. In times of crisis, how does having a deep abiding relationship with the Lord impact our response compared to relying solely on our emotions and feelings?
6. **Read 1 Samuel 30:7-8** David "found strength in the Lord" through taking time to pray and listen for God's guidance. What could you do to strengthen your daily spiritual practices so you can hear clearly from God when challenges arise?

As you close, share any challenges, encouragements, and needs related to this week's message. Close by spending time praying for each other's needs and challenges.