

God Is My Help

Getting to Know You:

- Discuss a time when someone else helped you get something done you couldn't do by yourself.

Going Deeper:

- Read 1 Samuel 23:1-14. What do we see David doing three different times in these verses?

o What's the importance of us asking God for direction in our lives for everything?

o How did God answer David here?

- Notice what Saul does in 1 Sam.23:7, 21. Why do you think he praises God for helping him catch David?

- What happens in 1 Sam.23:26-29? What does David do as a result?

o How have you seen God act as the Rock of Escape in your life?

- What would you do if your family/friends betrayed you like what happened to David in 1 Sam.23:11-12, 19, Psalm 54 intro?

o How does David deal with this in Psalm 54:5?

o How should we handle our enemies according to Romans 12:19-21?

- Psalm 54:4 centers our need for God to be our help. Look up the following verses about God as our help, and discuss what that means?

o Psalm 121:2, John 14:26, Psalm 34:17-18, Psalm 46:1-3.

- How might we praise God in our times of lament? Use Psalm 54:6-7

Take it Home:

- Make talking to God your first conversation of the day and your first conversation when things go south in your life. Practice this week!