



# DISCUSSION GUIDE

## 'OVERWHELMED' – Lessons from David

### GETTING STARTED

How can a sense of being overwhelmed relate to what is in our control and what is not? What we are responsible for and what we are not?

### QUICK REACTIONS FROM THE MESSAGE

How would you summarize/paraphrase the message in your own words?

What point/idea resonated most with you? Why?

In what ways can you imagine David would have been justified in taking Saul's life?

How would this action have alleviated being overwhelmed by being on the run?

What kinds of things are we tempted to do, believe or say to ourselves when we are overwhelmed by circumstances?

What was David's "crisis of conscience" in the cave?

How would you define our God-given conscience? How can that help inform us when we are overwhelmed?

How can we separate what is in our hands (what we should carry) and what is in God's hands?

### EXPLORE THE PASSAGE [1 Samuel 24:1-22]

(Yes, these questions can seem silly, however, good discussion and interpretation of the Bible begins with having a proper understanding of the basic facts; who, what, when, and where in the text.) Work through this quickly, the answers are fairly obvious.

What activity did Saul resume as soon as the Philistine threat abated? (24:1-2)

How did Saul come to be alone for a short time? (24:3)

What did David's men tell him when they discovered Saul alone in the cave? (24:4)

What action did David take while Saul was unaware? (24:5)

Why did David have second thoughts about what he had just done? (24:6)

How did Saul learn that David had just had him at his mercy? (24:8)

What arguments did David give to prove that he was not conspiring against the king? (24:9-11)

In what context did David invoke the name of the Lord? (24:12)

For David, what was the authoritative proof that he was not an evil man? (24:13)

Besides judging between him and Saul, what did David ask of God? (24:15)

What emotion overcame Saul when he heard David's voice? (24:16)

What confession did Saul make regarding his own behavior? (24:17)

Why did Saul ask God to reward David? (24:18-19)

What did Saul admit that he knew about the future? (24:20)

What did Saul ask David to swear he would do when he became king? (24:21)

On what terms did Saul and David part after their meeting in the cave? (24:22)

### QUESTIONS THAT HELP US UNDERSTAND THE SIGNIFICANCE OF THE TEXT

How do you think Saul would have behaved toward David if their situations had been reversed?

What was the single most important reason David had for not harming Saul?

When does restraint speak more loudly than action?

In what way does God call us to do the "right thing" over what is the "expedient thing"?

In what ways might God vindicate someone who does not use force to vindicate himself or herself?  
How did David both leave the outcome of his circumstances in God's hands, while also not leave himself vulnerable to Saul?  
Why did David and Saul go their separate ways after Saul learned that his life had been spared?  
Why did Saul not make any promises to David after David swore to preserve Saul's descendants when he became king?

### APPLY THE PASSAGE

What do we learn about God and about ourselves in these passages?  
What do you need to stop, start or do differently as a result of reading this passage?  
How can we pray for each other?