

Discussion Questions:

Life of David: Part 8 – Strengthening Yourself in the Lord

1. Have you ever had the wind knocked out of you? (Literally / Physically, or Metaphorically?)  
What did you feel like you needed most at that moment?
2. In 1 Samuel 30:6 we find David in one of his most distressing moments finding strength in the Lord. Pastor Kent then made five observations about strengthening ourselves in the Lord.

The First was: “**Being Honest with God**” (God does not deal in dishonesty / denial)

Read Psalm 32:1-5 (a Psalm of David!)

Contrast David’s condition in Psalm 32:3-4 with his condition in Psalm 32:5. What made the difference?

Consider also 1 John 1:8-10

In light of all you’ve just read and discussed; do you find that we are 100% transparent with God? If not, why do you think we choose not to be?

3. The second observation from the sermon was “**Turn to God and Put Your Confidence in Him Alone**”

Read Psalm 25:15-21 (another Davidic Psalm)

Culturally speaking, where do you think we 21<sup>st</sup> Century Americans tend to turn when we face serious troubles?

Where do you personally tend to turn?

What do you think prevents us from turning to God more frequently? What are ways you could grow quicker to turn to the Lord?

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4. The third observation from the sermon was **“God’s Strength is Found as we Worship Him”**.  
(Singing and declaring God’s attributes)

Consider and discuss the following quote from AW Tozer:

*“We wonder why we don't have faith; the answer is, faith is confidence in the character of God and if we don't know what kind of god God is, we can't have faith.”*

What do the following passages tell us about God?

Colossians 1:17

Psalm 33:6

Psalm 147:5

Malachi 3:6

Romans 8:35-39

John 5:26

Ephesians 3:20

Isaiah 46:9-10

Psalm 139:7-10

Jeremiah 23:23-24

2 Timothy 2:13

Psalm 34:8

Romans 9:15-16

5. The fourth observation was **“Praying Specifically, with Faith and Submission”**

As you think back on your Christian walk, have there been specific seasons of deep prayer?  
What was the context / circumstance of your life at that time?

What does “praying with submission” mean to you?

6. The fifth observation was **“Remembering God’s Faithfulness in the Past, in the lives of his people and yourself”**

Read Romans 15:4 – Is there a particular passage of Scripture that has provided special encouragement / hope to you?

Pastor Kent fairly regularly says, “If you ever wonder if God loves you – look at the cross.” How does remembering the cross strengthen us in the Lord?