



September 14, 2025  
*A Man After God's Heart*  
**Take Refuge in the Lord**  
1 Samuel 19:8-12, 22:1-5, 23:19-29  
Psalm 54, 57, 59, and 142

1. **Opening Discussion:** (You will probably want to use only one of these openers)

- a. Have you or anyone you know ever gone to one of the “Escape Rooms” that are currently popular? If so, what was the experience like? What one fact makes an “Escape Room” a fun activity as opposed to a serious life event?
- b. Have you ever experienced a time when work and family responsibilities conflicted? How did you deal with the situation? How did you feel about the choice you made after the conflict had passed?
- c. What is your favorite movie chase scene? What makes a chase scene great?

2. **Prayer:**

- a. Adoration – Pray a Psalm or other Scripture to focus on praising God.
- b. Confession – Spend time confessing any known sins. 1 John 1:9
- c. Thanksgiving – Thank God for answered prayers, blessings, gifts, and opportunities to serve.
- d. Supplications
  - i. Pray for the activities of His Church locally and around the world.
  - ii. Pray for the spiritual and physical needs of others and yourself.
- e. **Least Reached People Group: Tai Lu of China** (*from the IMB “Loving the Lost Through Prayer” guide*)

“Half of the 1.2 million Tai Lu live in China. The rest are in Laos, Myanmar, Thailand, and Vietnam. The first Tai Lu Christians faced great persecution and fled to start their own Christian village. Most other Tai Lu are Buddhists. They believe that living a good life now will earn them favor in the next life. Every year, they celebrate a water festival which symbolically washes away their sin and gives them a clean slate to start again. They worship spirits they believe will help them, not knowing that Jesus is the answer to their quest for spiritual cleansing and peace in eternity. Pray the small existing church will powerfully share the gospel with the Tai Lu, standing firm on God’s Word even under oppression.”

3. **Sermon Key Points**

- a. Cry Out to God Honestly
  - i. David cried out to God in desperate situations
  - ii. It’s OK to cry out to God!
- b. Draw Near to God Steadfastly
  - i. David stayed close to God spiritually throughout long years on the run
  - ii. Draw near to God in every circumstance
- c. Praise & Worship God Faithfully

- i. David praised and worshipped him while still in danger
- ii. Keep praising and worshipping God in hard seasons of life

#### 4. Bible Study:

a. ***Sunday Afternoon*** – As soon as possible after the sermon, make time to consider:

- i. What stood out to you the most in this sermon?
- ii. What new truth did you learn, or what truth were you reminded of?
- iii. Is there a particular Scripture passage you feel God is leading you to meditate on or commit to memory?
- iv. What is one thing God is leading you to do after hearing this message?
- v. Did God convict you of a need to make any changes in your life and walk with Him?

b. ***Monday:***

- i. Read 1 Samuel 19:8-12, 22:1-5, and 23:19-29.
- ii. These three passages present snapshots of David's situation as he flees from Saul's attempts to kill him. As you have time, you may want to read 1 Samuel 19-23 to fill in the details of this period in David's life.
- iii. Considering the three passages together, how would you describe David's life during this period?
- iv. What would you view as the most surprising part of these passages?
- v. In what ways do you see God's hand at work preparing David to be King?
  1. If you had been in David's position, which would you have viewed positively and which would you likely have considered to be adversity?
  2. Who/what did God use to accomplish His purpose in David's life?

c. ***Tuesday:***

- i. Read and meditate on 1 Samuel 19:8-12.
- ii. How does the situation described in verses 8-10 mirror what we saw happening after David killed Goliath (see 1 Samuel 18:10-11)?
  1. How is it that David finds himself in the same situation (see 1 Samuel 19:1-7)?
  2. What does this tell us about how much David trusted Jonathan?
- iii. What does the fact that David just fled to his home (which Saul would have known the location of) rather than leaving the city suggest about his view of Saul? What or who eventually changed his mind?
- iv. Who else famously escaped by being lowered in a basket (see Acts 9:23-25)?
  1. What lesson can we take away from these two events that might apply if we face dangerous situations as we serve the Lord?
  2. Jesus told us we should expect persecution and must take up our cross (Matthew 10:38 & 16:24, Mark 8:34, Luke 9:23 & 14:27). Why would fleeing from danger not necessarily imply that we are failing to do so?

- v. Why do you think Saul had his men wait outside David's house until morning to kill him?
- d. Wednesday:*
- i. Read Psalm 59.
  - ii. What does the introductory title of this Psalm tell you about its origin?
  - iii. Psalm 59 has sometimes been outlined as containing three major sections.
    - 1. How would you describe verses 1 and 2? What title would you apply to these two verses?
    - 2. How would you describe verses 3-7? What title would you give these five verses?
    - 3. How would you describe verses 8-17? What title would you give to these verses?
  - iv. Twice in the Psalm, David uses an identical verse to describe his enemy. What description does he use, and what significance do you see in it (see also Psalm 22:16, Philippians 3:2, and Revelation 22:15)?
  - v. Read Romans 12:17-21. In light of this teaching about how to treat our enemies, what is your reaction to David's request in verses 10-13?
    - 1. Why is David not wrong in making such a request?
    - 2. What two purposes (object lessons) are accomplished by fulfillment of his request (verses 12 and 13)?
  - vi. Which of God's attributes do you find on display in this Psalm? Which one does it seem David is most focused on?
- e. Thursday:*
- i. Read and meditate on 1 Samuel 22:1-5 and Psalm 57.
  - ii. David's flight takes him to some surprising places and into some strange situations (consider 1 Samuel 21:10-15. Where have you recently heard of the city Gath?), but the cave of Adullam was back in Judah. What two groups joined him there?
    - 1. What significance might be attributed to his brothers joining him? Where were they when we last heard of them, and how did at least one of them feel about David (see 1 Samuel 16:17-13 and 28)? What would we call someone who did that today?
    - 2. How would you characterize the other people who joined David? How does David's 400-man army (later growing to 600) compare with Saul's army (see 1 Samuel 26:2)?
  - iii. Although the Moabites had been Israel's enemy during the exodus, why would David have been comfortable leaving his family in their care (hint: who was David's great-grandmother (see Matthew 1:5-6))?
  - iv. According to its title, Psalm 57 is associated with David's time at the cave of Adullam.
    - 1. What is the theme of verses 1-4? What attitude would you ascribe to David as he composed these verses? Although he is in a cave hiding from Saul, where is he finding refuge (verse 1 and Exodus 25:17-20)?

2. What is the theme of verses 6-10? Especially based on verse 7, what is David's attitude as he writes these verses? What seems to have motivated David to give such praise even while fleeing for his life (see verse 10)?
3. What does David do with his refrain, verses 5 & 11? How does the refrain echo what we are commanded to do in 1 Corinthians 10:31

f. **Friday:**

- i. Read and meditate on 1 Samuel 23:19-29 and Psalm 54.
- ii. This passage in 1 Samuel follows David's rescue of Keliiah from the Philistines, after which the Lord revealed to David that the people of Keliiah would turn him over to Saul. Then, when he flees to the wilderness of Ziph, the people in that city report his presence to Saul. What do you think motivated these two cities to side with Saul (scan 1 Samuel 22:6-19, especially verses 18-19)? How do you think David felt?
- iii. What word would you use to describe David's situation in verse 26?
  1. What saved him from capture?
  2. God saved Jerusalem in a similar manner in 2 Kings 19:1-19 (see especially verses 9 & 19). What do such events teach us about the Sovereignty of God? Why do we not need to worry?
- iv. David composed Psalm 54 in response to the Ziphites' actions.
  1. How do verses 1-3 set the stage? How does David describe his situation?
  2. How does verse 4 serve as the turning point in the Psalm?
  3. What does David do in verses 5-7 after acknowledging God's help?
- v. Although not in the passage you read, 1 Samuel 23:16 tells us of one method God used to strengthen David's faith. How do Jonathan's efforts mirror what we are to do as Christians (see Romans 12:8, 2 Corinthians 13:11, and 1 Thessalonians 5:11)

g. **Saturday:**

- i. Read and meditate on Psalm 142.
- ii. This Psalm was written by David while in the cave – either at Adullam or in En Gedi (1 Samuel 24). How would it apply in either case? Where does David turn for help?
- iii. Reread the Psalm, looking specifically for ways David's words can be applied in your prayers.

5. **Application:**

- a. God is Sovereign and in control. He works out every detail to accomplish His purpose and promises that He is doing so for our good (if we love Him – Romans 8:28). At many times we won't see that truth, as David probably didn't while hiding in the caves, but we can be confident that He will keep His promise to us just as He did to David.
- b. Even in his most difficult time fleeing for his life, David always found reason to praise God. We must remember to do the same. We don't praise God for what he does for us (that would be giving thanks). We praise Him because he is God and He alone is deserving of all our praise (Isaiah 42:8, Psalm 113:3 & 145:1).