**Becoming a Woman After God’s Own Heart**

**Life Lessons from David**

**Lesson 7: Grieving Your Losses**

**1 Samuel 31 – 2 Samuel 1, Ecclesiastes 7:3-4, 1 Thessalonians 4:13-18**

**1 Samuel 31**

Now the Philistines fought against Israel; the Israelites fled before them, and many fell dead on Mount Gilboa. **2**The Philistines were in hot pursuit of Saul and his sons, and they killed his sons Jonathan, Abinadab and Malki-Shua. **3**The fighting grew fierce around Saul, and when the archers overtook him, they wounded him critically.

**4**Saul said to his armor-bearer, “Draw your sword and run me through, or these uncircumcised fellows will come and run me through and abuse me.”

But his armor-bearer was terrified and would not do it; so Saul took his own sword and fell on it. **5**When the armor-bearer saw that Saul was dead, he too fell on his sword and died with him.**6**So Saul and his three sons and his armor-bearer and all his men died together that same day.

**7**When the Israelites along the valley and those across the Jordan saw that the Israelite army had fled and that Saul and his sons had died, they abandoned their towns and fled. And the Philistines came and occupied them.

**8**The next day, when the Philistines came to strip the dead, they found Saul and his three sons fallen on Mount Gilboa.**9**They cut off his head and stripped off his armor, and they sent messengers throughout the land of the Philistines to proclaim the news in the temple of their idols and among their people. **10**They put his armor in the temple of the Ashtoreths and fastened his body to the wall of Beth Shan.

**11**When the people of Jabesh Gilead heard what the Philistines had done to Saul, **12**all their valiant men marched through the night to Beth Shan. They took down the bodies of Saul and his sons from the wall of Beth Shan and went to Jabesh, where they burned them. **13**Then they took their bones and buried them under a tamarisk tree at Jabesh, and they fasted seven days.

**2 Samuel 1**

After the death of Saul, David returned from striking down the Amalekites and stayed in Ziklag two days. **2**On the third day a man arrived from Saul’s camp with his clothes torn and dust on his head. When he came to David, he fell to the ground to pay him honor.

**3**“Where have you come from?” David asked him.

He answered, “I have escaped from the Israelite camp.”

**4**“What happened?” David asked. “Tell me.”

“The men fled from the battle,” he replied. “Many of them fell and died. And Saul and his son Jonathan are dead.”

**5**Then David said to the young man who brought him the report, “How do you know that Saul and his son Jonathan are dead?”

**6**“I happened to be on Mount Gilboa,” the young man said, “and there was Saul, leaning on his spear, with the chariots and their drivers in hot pursuit. **7**When he turned around and saw

me, he called out to me, and I said, ‘What can I do?’

**8**“He asked me, ‘Who are you?’

“‘An Amalekite,’ I answered.

**9**“Then he said to me, ‘Stand here by me and kill me! I’m in the throes of death, but I’m still alive.’

**10**“So I stood beside him and killed him, because I knew that after he had fallen he could not survive. And I took the crown that was on his head and the band on his arm and have brought them here to my lord.”

**11**Then David and all the men with him took hold of their clothes and tore them. **12**They mourned and wept and fasted till evening for Saul and his son Jonathan, and for the army of the Lord and for the nation of Israel, because they had fallen by the sword.

**13**David said to the young man who brought him the report, “Where are you from?”

“I am the son of a foreigner, an Amalekite,” he answered.

**14**David asked him, “Why weren’t you afraid to lift your hand to destroy the Lord’s anointed?”

**15**Then David called one of his men and said, “Go, strike him down!” So he struck him down, and he died. **16**For David had said to him, “Your blood be on your own head. Your own mouth testified against you when you said, ‘I killed the Lord’s anointed.’”

**17**David took up this lament concerning Saul and his son Jonathan, **18**and he ordered that the people of Judah be taught this lament of the bow (it is written in the Book of Jashar):

**19**“A gazelle lies slain on your heights, Israel.  
    How the mighty have fallen!

**20**“Tell it not in Gath,  
    proclaim it not in the streets of Ashkelon,  
lest the daughters of the Philistines be glad,  
    lest the daughters of the uncircumcised rejoice.

**21**“Mountains of Gilboa,  
    may you have neither dew nor rain,  
    may no showers fall on your terraced fields.[[b](https://www.biblegateway.com/passage/?search=1+Samuel+31+%E2%80%93+2+Samuel+1&version=NIV#fen-NIV-8044b)]  
For there the shield of the mighty was despised,  
    the shield of Saul—no longer rubbed with oil.

**22**“From the blood of the slain,  
    from the flesh of the mighty,  
the bow of Jonathan did not turn back,  
    the sword of Saul did not return unsatisfied.

**23**Saul and Jonathan—  
    in life they were loved and admired,  
    and in death they were not parted.  
They were swifter than eagles,  
    they were stronger than lions.

**24**“Daughters of Israel,  
    weep for Saul,  
who clothed you in scarlet and finery,  
    who adorned your garments with ornaments of gold.

**25**“How the mighty have fallen in battle!  
    Jonathan lies slain on your heights.

**26**I grieve for you, Jonathan my brother;  
    you were very dear to me.  
Your love for me was wonderful,  
    more wonderful than that of women.

**27**“How the mighty have fallen!  
    The weapons of war have perished!”

**Ecclesiastes 7:2-4**

It is better to go to a house of mourning  
    than to go to a house of feasting,  
for death is the destiny of everyone;  
    the living should take this to heart.

**3**Frustration is better than laughter,  
    because a sad face is good for the heart.

**4**The heart of the wise is in the house of mourning,  
    but the heart of fools is in the house of pleasure.

**1 Thessalonians 4:13-18**

**13**Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. **14**For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him.**15**According to the Lord’s word, we tell you that we who are still alive, who are left until the coming of the Lord, will certainly not precede those who have fallen asleep. **16**For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. **17**After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. **18**Therefore encourage one another with these words.

1. How did Saul and his sons die?

2. What did the Israelite army do when they saw that Saul and his sons were dead?

3. What did the Philistines do with Saul’s body and with his armor? What did this signify?

4. On the third day after David returned from striking down the Amalakites who’d attacked and burned Ziklag, an Amalakite messenger staggered into their camp with the news that Saul and Jonathan were dead. How did David react to Saul and Jonathan’s deaths and what 3 things did he do?

1.

2.

3.

5. It’s understandable why David eulogized Jonathan, his dear friend, as he did, but why do you think he eulogized Saul as he did, considering Saul had been trying to kill him for the past several years?

6. Have you experienced the death of a close relative or friend? Can you relate to the way David grieved for Jonathan?

7. Has the loss of a loved one caused you to think about important issues like: “Why am I here?”, “What comes after death?”, “How am I going proceed from this point on?” etc.? What questions came to your mind and did you find the answers you were seeking?

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8. Read Ecclesiastes 7:2-4. Do you agree with the writer, who was probably David’s son, Solomon, writing as an old man? Explain.

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9. Read 1 Thessalonians 4:13-18. Have you ever been truly comforted during a time of loss, by the thought of the resurrection, or the rapture, and living forever with Jesus? Explain.

10. Do you see any ways in which David’s words or deeds demonstrated that he was a man after God’s own heart in these chapters?

11. Journal one of these passages SOAP style.