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

**Life Lessons from David**

**Lesson 6: Finding Your Strength in the Lord**

**1 Samuel 27, 1 Samuel 30, Proverbs 14:12, Matthew 11:28, Mark 6:31**

**David Among the Philistines**

**1 Samuel 27**

**1**But David thought to himself, “One of these days I will be destroyed by the hand of Saul. The best thing I can do is to escape to the land of the Philistines. Then Saul will give up searching for me anywhere in Israel, and I will slip out of his hand.”

**2**So David and the six hundred men with him left and went over to Achish son of Maok king of Gath. **3**David and his men settled in Gath with Achish. Each man had his family with him, and David had his two wives: Ahinoam of Jezreel and Abigail of Carmel, the widow of Nabal. **4**When Saul was told that David had fled to Gath, he no longer searched for him.

**5**Then David said to Achish, “If I have found favor in your eyes, let a place be assigned to me in one of the country towns, that I may live there. Why should your servant live in the royal city with you?”

**6**So on that day Achish gave him Ziklag, and it has belonged to the kings of Judah ever since. **7**David lived in Philistine territory a year and four months.

**8**Now David and his men went up and raided the Geshurites, the Girzites and the Amalekites. (From ancient times these peoples had lived in the land extending to Shur and Egypt.) **9**Whenever David attacked an area, he did not leave a man or woman alive, but took sheep and cattle, donkeys and camels, and clothes. Then he returned to Achish.

**10**When Achish asked, “Where did you go raiding today?” David would say, “Against the Negev of Judah” or “Against the Negev of Jerahmeel” or “Against the Negev of the Kenites.” **11**He did not leave a man or woman alive to be brought to Gath, for he thought, “They might inform on us and say, ‘This is what David did.’” And such was his practice as long as he lived in Philistine territory. **12**Achish trusted David and said to himself, “He has become so obnoxious to his people, the Israelites, that he will be my servant for life.”

**David Destroys the Amalekites**

**1 Samuel 30**

David and his men reached Ziklag on the third day. Now the Amalekites had raided the Negev and Ziklag. They had attacked Ziklag and burned it, **2**and had taken captive the women and everyone else in it, both young and old. They killed none of them, but carried them off as they went on their way.

**3**When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. **4**So David and his men wept aloud until they had no strength left to weep. **5**David’s two wives had been captured—Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. **6**David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God.

**7**Then David said to Abiathar the priest, the son of Ahimelek, “Bring me the ephod.” Abiathar brought it to him, **8**and David inquired of the Lord, “Shall I pursue this raiding party? Will I overtake them?”

“Pursue them,” he answered. “You will certainly overtake them and succeed in the rescue.”

**9**David and the six hundred men with him came to the Besor Valley, where some stayed behind. **10**Two hundred of them were too exhausted to cross the valley, but David and the other four hundred continued the pursuit.

**11**They found an Egyptian in a field and brought him to David. They gave him water to drink and food to eat— **12**part of a cake of pressed figs and two cakes of raisins. He ate and was revived, for he had not eaten any food or drunk any water for three days and three nights.

**13**David asked him, “Who do you belong to? Where do you come from?”

He said, “I am an Egyptian, the slave of an Amalekite. My master abandoned me when I became ill three days ago. **14**We raided the Negev of the Kerethites, some territory belonging to Judah and the Negev of Caleb. And we burned Ziklag.”

**15**David asked him, “Can you lead me down to this raiding party?”

He answered, “Swear to me before God that you will not kill me or hand me over to my master, and I will take you down to them.”

**16**He led David down, and there they were, scattered over the countryside, eating, drinking and reveling because of the great amount of plunder they had taken from the land of the Philistines and from Judah. **17**David fought them from dusk until the evening of the next day, and none of them got away, except four hundred young men who rode off on camels and fled. **18**David recovered everything the Amalekites had taken, including his two wives. **19**Nothing was missing: young or old, boy or girl, plunder or anything else they had taken. David brought everything back. **20**He took all the flocks and herds, and his men drove them ahead of the other livestock, saying, “This is David’s plunder.”

**21**Then David came to the two hundred men who had been too exhausted to follow him and who were left behind at the Besor Valley. They came out to meet David and the men with him. As David and his men approached, he asked them how they were. **22**But all the evil men and troublemakers among David’s followers said, “Because they did not go out with us, we will not share with them the plunder we recovered. However, each man may take his wife and children and go.”

**23**David replied, “No, my brothers, you must not do that with what the Lord has given us. He has protected us and delivered into our hands the raiding party that came against us. **24**Who will listen to what you say? The share of the man who stayed with the supplies is to be the same as that of him who went down to the battle. All will share alike.” **25**David made this a statute and ordinance for Israel from that day to this.

**26**When David reached Ziklag, he sent some of the plunder to the elders of Judah, who were his friends, saying, “Here is a gift for you from the plunder of the Lord’s enemies.”

**27**David sent it to those who were in Bethel, Ramoth Negev and Jattir; **28**to those in Aroer, Siphmoth, Eshtemoa **29**and Rakal; to those in the towns of the Jerahmeelites and the Kenites; **30**to those in Hormah, Bor Ashan, Athak **31**and Hebron; and to those in all the other places where he and his men had roamed.

**Proverbs 14:12**

**12**There is a way that appears to be right,
    but in the end it leads to death.

**Matthew 11:28**

**28**“Come to me, all you who are weary and burdened, and I will give you rest.

**Mark 6:31**

**31**Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

**Samuel 27:1-4**

**1**But David thought to himself, “One of these days I will be destroyed by the hand of Saul. The best thing I can do is to escape to the land of the Philistines. Then Saul will give up searching for me anywhere in Israel, and I will slip out of his hand.”

**2**So David and the six hundred men with him left and went over to Achish son of Maok king of Gath. **3**David and his men settled in Gath with Achish. Each man had his family with him, and David had his two wives: Ahinoam of Jezreel and Abigail of Carmel, the widow of Nabal. **4**When Saul was told that David had fled to Gath, he no longer searched for him.

1. What we think in our hearts and say to ourselves, has power to shape our destiny. What did David think and say to himself in 1 Samuel 27:1-4? Why do you think he said this? What did he do?

2. What was going on in David’s heart and life? Was he thinking of the ways God had delivered him in the past? Explain.

3. Have you ever been so tired and discouraged that you ran away to hide out with the enemy? Think about behaviors or addictions that are enemies of your soul, to which you’ve escaped in the past. Were those escapes temporarily comforting? Think of the end result of those behaviors. Were they ultimately helpful or harmful? Explain. (Please remember that anything of a personal nature that is shared in your small group is not to be repeated outside the group. No gossip please!)

4. Are you hiding out with the enemy now? Would you like prayer about this? Explain. (Do not share your answer with your group unless you feel comfortable doing so, and please remember, No Gossip!)

5. Read 1 Samuel 30. Things went from bad to worse, once David had left the promised land and left the people of God to go and live among his enemies. Briefly describe in 2 or 3 sentences, what David and his men found when they returned home to Ziklag, the town King Achish had given them. What did they do?

**Matthew 11:28**

**28**“Come to me, all you who are weary and burdened, and I will give you rest.

6. Read Matthew 11:28. In what ways can we find strength in the Lord during our times of distress? How can we find guidance from the Lord?

7. Was God mad at David for deserting Him and leaving Israel? How did God treat David when he turned to the Lord for strength?

8. Who did God use to help David and his men find the Amalekites who’d burned down their town and taken their families and possessions? How did David treat this person, and how did this man treat David and his men?

9. What were the Amalekites doing when David and his men found them? What did David and his men do?

10. Some of the wicked worthless men among David’s group did not want to share the spoils with the 200 men who had been too tired and discouraged to go with them to fight the Amalekites, but David said “The Lord has given us this victory!” In other words - it’s not thanks to those of us who fought that we got our plunder back. It’s thanks to the Lord! So David ordered that the 200 be allowed to share in the spoils of battle, along with the men who fought. In addition, he sent some of the spoils to the elders of Judah. Why do you think he sent spoils to the elders of Judah? What was he hoping to accomplish?

11. 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? Explain.

12. Journal one of these passages SOAP style.