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

**Life Lessons from David**

**Lesson 3: Depending on God**

**1 Samuel 21:1-22, John 20:19-22, Romans 8:28-39**

**1 Samuel 21:1-22**

David went to Nob, to Ahimelek the priest. Ahimelek trembled when he met him, and asked, “Why are you alone? Why is no one with you?”

**2**David answered Ahimelek the priest, “The king sent me on a mission and said to me, ‘No one is to know anything about the mission I am sending you on.’ As for my men, I have told them to meet me at a certain place. **3**Now then, what do you have on hand? Give me five loaves of bread, or whatever you can find.”

**4**But the priest answered David, “I don’t have any ordinary bread on hand; however, there is some consecrated bread here—provided the men have kept themselves from women.”

**5**David replied, “Indeed women have been kept from us, as usual whenever[[b](https://www.biblegateway.com/passage/?search=1+Samuel+21%3A1-22%2C+2+John+20%3A19-22%2C+Romans+8%3A28-39&version=NIV#fen-NIV-7778b)] I set out. The men’s bodies are holy even on missions that are not holy. How much more so today!” **6**So the priest gave him the consecrated bread, since there was no bread there except the bread of the Presence that had been removed from before the Lord and replaced by hot bread on the day it was taken away.

**7**Now one of Saul’s servants was there that day, detained before the Lord; he was Doeg the Edomite, Saul’s chief shepherd.

**8**David asked Ahimelek, “Don’t you have a spear or a sword here? I haven’t brought my sword or any other weapon, because the king’s mission was urgent.”

**9**The priest replied, “The sword of Goliath the Philistine, whom you killed in the Valley of Elah, is here; it is wrapped in a cloth behind the ephod. If you want it, take it; there is no sword here but that one.”

David said, “There is none like it; give it to me.”

**10**That day David fled from Saul and went to Achish king of Gath. **11**But the servants of Achish said to him, “Isn’t this David, the king of the land? Isn’t he the one they sing about in their dances:

“‘Saul has slain his thousands,  
    and David his tens of thousands’?”

**12**David took these words to heart and was very much afraid of Achish king of Gath. **13**So he pretended to be insane in their presence; and while he was in their hands he acted like a madman, making marks on the doors of the gate and letting saliva run down his beard.

**14**Achish said to his servants, “Look at the man! He is insane! Why bring him to me? **15**Am I so short of madmen that you have to bring this fellow here to carry on like this in front of me? Must this man come into my house?”

**John 20:19-22**

**19**On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!” **20**After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

**21**Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.” **22**And with that he breathed on them and said, “Receive the Holy Spirit.

**Romans 8:28-39**

**28**And we know that in all things God works for the good of those who love him, who[[a](https://www.biblegateway.com/passage/?search=1+Samuel+21%3A1-22%2C+2+John+20%3A19-22%2C+Romans+8%3A28-39&version=NIV#fen-NIV-28145a)] have been called according to his purpose. **29**For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. **30**And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

**31**What, then, shall we say in response to these things? If God is for us, who can be against us? **32**He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? **33**Who will bring any charge against those whom God has chosen? It is God who justifies. **34**Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. **35**Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? **36**As it is written:

“For your sake we face death all day long;  
    we are considered as sheep to be slaughtered.”

**37**No, in all these things we are more than conquerors through him who loved us. **38**For I am convinced that neither death nor life, neither angels nor demons,[[b](https://www.biblegateway.com/passage/?search=Romans+8%3A31-39&version=NIV#fen-NIV-28155b)] neither the present nor the future, nor any powers, **39**neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

1. Read the 1 Samuel 21 passage. Who was David depending on, himself or God? Explain.

2. David, who had previously killed a lion and a bear, and killed the giant Goliath, was now running from King Saul in fear. At least he knew where to run. He ran to God’s house. Although David lied about why he was there, Ahimelech, the priest of Nob, disregarded the sacred traditions and offered David the consecrated bread to take with him, and gave him Goliath’s sword. Have you ever run to God in fear or shame and had Him meet your needs, despite your mistakes? Explain.

3. When David fled to the Philistine stronghold of Gath, and the king’s servants recognized him, what did David do, out of fear?

4. David was away from his family and friends and was way out of his comfort zone. Write, as if you were David, writing a letter home, and describe what you are thinking and feeling, now that you’ve gotten out of Gath.

5. Can you think of a time when you were threatened or fearful? What did you do? Where did you turn for help?

**John 20:19-22**

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6. Read the John 20 passage. What were the disciples doing? How did Jesus treat them? Is this an encouragement to you? Explain.

**Romans 8:28-39**

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7. Read the Romans 8 passage. If David had had the New Testament in his day, like we do, which verse or verses from Romans 8 might have been a special comfort to him?

8. Read Romans 8:28-39 again. Describe in one sentence what these verses are talking about. Do any of these verses especially encourage you in the situations you are facing now? Explain.

9. 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?

10. Journal one of the passages SOAP style.