

“Strength from the Lord”  
I Samuel 30  
Oct. 21, 2012

**Scripture Reading** –I Samuel 30:1-6

1. Great loss. (1-3)
2. Great anger. (6a)
3. Great distress. (6a)
4. Great strength.
  - Sought the Lord and His resources. (6)
  - Sought the Lord’s guidance. (7-8)
  - Saw the Lord’s provision and victory. (23)

**Application:**

1. The Lord is ready to give you strength. Are you ready to seek Him with all your heart?
2. Take some time in prayer this week, seeking Him.

## Bible Study Questions/ Discussion

### “Strength from the Lord”

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1. Share with one another a time of great discouragement or depression in your life. What were the contributing factors? Read I Samuel 30:1-6 and learn of the turmoil in David’s life. Why do we tend to lash out at the people closest to us in time of stress? What did they want to do to David? (30:6) (Also read Ex. 17:4)
2. Describe the emotional condition of the people. Discuss the reality of problems and sorrow even in the Christian’s life. (2 Cor. 4:8; 7:5) What are some of the wrong responses people tend to do to handle their problems?
3. Where did David find his strength? (6) (Psalm 34:4-6; 42:5; 56:11) Discuss the resources of God that bring “strength.” Which one of these resources has helped you recently?
  - Prayer (Ps. 138:3)
  - God’s Word (Eph. 3:16-18; Ps. 119:28)
  - Abide in Him (Jn. 15:5; Isa. 49:5; 2 Tim. 4:17)
  - Worship and Praise (Neh. 8:10; Ps. 59:17)
  - God’s People (Lk. 22:32)
  - Serving (Phil. 4:13)
  - Reliance on the Holy Spirit (Zech. 4:6)
  - Putting on the Armor of God (Eph. 6:10-11)
4. What did David do before he went after the enemy? (I Sam. 30:7-8) In our lives why do we tend to forget to pray? What does God want us to do? (Psalm 18:6; Phil. 4:6; Prov. 18:10)
5. What was the outcome of David’s rescue operation? (I Sam. 30:17,23) Who gave him the victory? Discuss what “victory” looks like in the Christian life.
  - Power to persevere (2 Tim. 4:5)
  - Power over temptation (I Cor. 10:13)
  - Power to move forward in obedience (Gal. 5:25; 2 Cor. 5:7)
  - Power to be “joyous” (Phil. 4:4)
  - Power to have hope (Heb. 6:19; Rom. 15:13)
  - Power to overcome (I John 5:4-5)
6. Pray for one another to experience the strength of the Lord. What areas are you needing God’s victory today?