

***“Thoughts on how we should think”***  
***1 Samuel 27:1***

INTRO:

Several weeks ago, Pastor Jameson and I were on the way to a pastor’s fellowship. While on the way, I was talking about the counseling I took in seminary. It was largely the traditional Psychology of the day. When I finished the courses, I pretty much rejected most of what I learned. The methods did not really give me a basis for helping people. Instead, I went back to a premise I found in the Bible and began to build my pastoral counseling around it. The principle is well illustrated here in **1 Samuel 27:1**.

***“And David said in his heart, “Now I shall perish someday by the hand of Saul. There is nothing better for me than that I should speedily escape to the land of the Philistines; and Saul will despair of me, to seek me anymore in any part of Israel. So I shall escape out of his hand.”***

***I. The Problem Illustrated***

A. Did David really have a reason to tell himself what he told himself? The answer has to be no.

1. God had taken David from following his father’s sheep and anointed him by the hand of Samuel His prophet to be the next king in Israel.
2. God had given David His Holy Spirit to prepare and keep him for the job.
3. God had miraculously opened doors to get David from the farm fields to the Kings house to be Saul’s musical therapist.
4. God provided David a victory over undefeatable, 9’9” Goliath.

True David lived his life on the run from the insane king, yet God continuously delivered him from impossible situations and spared him. Would David someday perish at the hand of Saul? Circumstance may have said yes, but God said no!

B. Because he believed the lie he told himself, he proceeded to make a life changing decision built upon a reality that did not exist except in the heart/mind of David.

***II. The Truth illustrated***

A. David was not the only one who tells himself lies and then believes those lies. You and I do the same thing. We tell ourselves lies not because we are stupid, but because we are fallen people.

B. Let me describe a situation to illustrate how- what we tell ourselves creates what we feel.

1. You and I are in a car and driving up a hill like the one I used to drive up to deliver my children to a school. Suddenly, a car comes flying up the road behind us, swerves in the other lane to pass us and swerves back barely missing our bumper. What are you feeling? Why do you feel this way? What are you telling yourself about the driver of the other car?

2. Now we come to the crest of the hill and on the other side we see a bad accident. The man who drove up the hill like a fiend is at the side of the road comforting a woman and is clearly relieved she is all right. What are you feeling? Why are you feeling this way? What are you telling yourself? What changed?

### ***III. Why is this important?***

A. Because David told himself a lie, he began to doubt God. Doubting God is a serious sin. It leads to all manner of further sins. The worst part is that God was not unfaithful to David!

B. Let me show you the positive side of this. Do you remember **John 14:1-3**?

***“Let not your heart be troubled; you believe in God, believe also in Me. In My Father’s house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.”***

Jesus commands His disciples in this darkest moment of their lives.

***“Don’t let your hearts be troubled.”(v.1)***

What were the disciples telling themselves if their hearts were troubled? How could they calm their hearts?

Answer: By telling themselves the truth. He gives three truths to tell our hearts in place of the lies.

1. You believe in God and you believe in Me. Remember who our God is. You remember David and Goliath, they had factored God out of the equation. Remember God is in charge. He needs to be in our thinking first and foremost.

2. ***“In My Father’s house are many dwelling places. If that weren’t true, I would have told you.”***

**(John 14:2a)**

You can count on the reality of eternity future. This world is not all that there is. God does exist and He does have an eternal plan that includes you if you have trusted Christ to save you.

3. Jesus Himself said, **(John 14:2b-3)**

***“I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.”***

Take hold of this promise with both hands and never let it go. You need to tell your heart when it says, *“No man cares for my soul,”* that is a flat out lie. The Lord Jesus loves you enough to go to make a place for you and He will come to get us again!