

## Lesson Six

### Chapters Twenty-one through Twenty-three

This Lesson Incorporates

Observation Worksheets of 1 Samuel 21–23, located in the Appendix

“1 Samuel at a Glance” chart, located in the Appendix

“David’s Journeys” map, located in the Appendix

Cross-references

**How does a person who is a man after God’s own heart conduct himself as he lives under unrelenting stress?**

#### DAY ONE

David’s life has changed drastically. Whereas he was once the slayer of the Philistine giant, the armor bearer of the king, the conquering hero loved by all Israel, he is now a fugitive on the run. Saul the king wants David dead.

1.

When God rejected Saul, Samuel told Saul that he would be replaced by “a man after His [God’s] own heart” (1 Samuel 13:14). As we begin this lesson, what do you think God means when He tells us He was seeking a man after His own heart? Read Acts 13:22 as it might help you answer that question. Write out your answer.

2.

Do your Observation Worksheet on 1 Samuel 21 and get involved in it like you would a good novel. Just remember this is not fiction; it is biography, the history of a nation and the man who, by the decree of God, is to be its king.

a.

Begin with prayer. Ask God to teach you His lessons for your life from the life of this man who was “after God’s own heart.”

b.

As you read and mark the text, trace David’s journeys on the map in the Appendix, “David’s Journeys.” You might want to note his progress by numbering the text and then the map.

c.

Make sure that you note the *whos* of this chapter along with the *wheres*.

d.

Divide the chapter by the progression of events. You can mark them off on your Observation Worksheet and/or list them below.

3.

Record the theme of the chapter. You know where!!!!

4.

Now before we go on to the next chapter of 1 Samuel, which we will do tomorrow, it's essential that we read Psalm 34 first. You'll find it at the end of this lesson. When you read the preface of the psalm, watch for any indicator of time and mark it with a clock. Then sit back and read it over David's shoulder as he writes it. Remember when he is writing it; it will take on a whole new dimension because you understand its context

.

5.

Now read the psalm again—this time mark key repeated words.

6.

This is the psalm of a man after God's own heart. What do you learn from this psalm about David? About God? About the *righteous*? (It's a word you want to mark.) About the *fear* of the Lord? (Another word you want to mark.) What does David want you to do with him? Why has God preserved this psalm, chosen it to be included in the pages of Holy Writ? How does it speak to your heart? How could it be used as a "stress reliever," whatever the source of your stress? Write your insights below.

7.

Have you thought of memorizing this psalm? It would be a good one to have in your heart. Write it out, then read it aloud three times in the morning, at lunch, and at dinner or before bed. That's all you have to do—but it must be read out loud. Pretty soon you'll find it stored in your heart for future recall. And with the future facing us, you will be so thankful that you memorized it.

## DAY TWO

1.

Yesterday we looked at Psalm 34, a psalm of triumph—but triumph from what? From the wrath of the king of Gath, or was there more? Read the preface to Psalm 56, which you will find at the end of this lesson, and write out the timing of this psalm.

2.

Now read through Psalm 56. Mark every occurrence of *afraid* and *trust* and note below or in the margin of the psalm what you learn from marking these words.

3.

What further insight does Psalm 56 give you into 1 Samuel 21:10-15? What apparently happened to David when he arrived in Gath? Do you remember Gath? To refresh your memory look at 1 Samuel 17:4.

4.

It would seem (wouldn't it?) that Psalm 56 precedes Psalm 34. They are like "before" and "after" psalms. Read Psalm 56 again and then immediately follow it with Psalm 34. What do you learn from these psalms and this order that can help you in the varied stressful situations of life?

5.

In Psalm 34, David made several references to the righteous—those who fear the Lord. Let's see if David just *talked* righteousness or if he *lived* it—even under stress. Did he remain a man after God's own heart?

a.

Read 1 Samuel 22:1-2. Note where David is and then read Psalm 142. Once again notice the occasion of the psalm and record it below. The psalm is at the end of this lesson.

b.

Now observe Psalm 142. Mark every reference to crying to the Lord.

6.

David's stress is obvious, isn't it! Read Psalm 142 again.

a.

How does David handle the stress?

b.

What does David remember about God and expect from Him?

7.

Have you ever found yourself mentally or emotionally huddling in a cave? What have you learned that can help you? List your insights.

*Isn't this rich, Beloved? It's awesome (isn't it?) to put the writing of these psalms into the context of his life. Aren't you thankful that he wrote these down and that God preserved them for us in His Word!*

*It is our prayer that God will use this lesson to enrich you spiritually so that you might stand strong in the Lord and in the strength of His might.*

### **DAY THREE**

1.

Do your Observation Worksheet on 1 Samuel 22.

a.

Once again follow the flow of events and divide the chapter accordingly. With each event note who the major players are—their nationality or genealogy. Watch the tactics or strategy of the men.

b.

Mark the geographical locations. Trace and mark David's journeys just as you did yesterday. Use the same map.

c.

Record the theme of this chapter on the At a Glance chart.

d.

If you want to record the flow of events in this chapter, do so below.

2.

It is at this point in 1 Samuel that the book of 1 Chronicles begins to give us some additional insights into the events of David's life. First and 2 Chronicles, like 1 and 2 Samuel, were originally one book. Chronicles was written after the Babylonian captivity, probably during the days of Ezra when the remnant returned from exile.

From this point forward in our study of the Old Testament we will incorporate Chronicles into our study where appropriate so that we might gain a fuller picture of the events given to us in 1 and 2 Samuel and 1 and 2 Kings. You will find very few cross-references to 1Chronicles in 1 Samuel. This is the first, besides our use of 1 Chronicles to help us sort out the genealogies of various people mentioned in 1 Samuel (the first nine chapters of 1Chronicles are genealogies).

3.

Now in the light of all this, read 1 Samuel 22:1-2 again and compare it with 1Chronicles 12:8-18. Note all references to time and/or geographical references. We suggest that you write these cross-references to Chronicles in the margin of your Bible.

4.

Also mark the word *stronghold* used in 1 Samuel 22:4-5 and in the 1 Chronicles passage. David's stronghold is mentioned one more time in 1 Samuel 24:22. You may want to mark it also. Some believe the cave of Adullam might be the stronghold.

5.

Note the new stress that comes into David's life (22:20-22) and watch how he handles it.

a.

Does this news overwhelm David in such a way that he falls apart?

b.

What do you do when you realize that a decision you made resulted in the death of many innocent people? How do you live with yourself? Psalm 52 tells us how David dealt with it. Read the preface and the psalm located at the end of this lesson. What do you learn?

c.

What does David stress about this evil worker? What is his primary tool for the destruction of others?

d.

What is the problem of the evil man in this psalm? What has he done or failed to do?

e.

According to this psalm, what does David know about Doeg? Do you think this helps him?

f.

Is there any evidence of David heaping guilt on himself in this psalm?

g.

How does David contrast himself with Doeg?

h.

Could you do the same, Beloved? Explain why.

6.

Finally, do you find yourself in unchosen companies of evil men, women, teens or children? (Yes, children can be evil!)

a.

What is the greatest way they seek to do evil?

b.

What do you learn from this psalm that can help you in the time of stress?

*You've done a good day's work, valiant one. You are to be commended for your diligence. You'll find that you've made a wise investment that will pay great dividends. We rejoice over "the likes of you" —men, women, and teens of God's own heart.*

## DAY FOUR

1.

We're going to start off a little differently today, so read the instructions carefully. Do your Observation Worksheet on 1 Samuel 23:1-14. That's right—stop at verse 14.

a.

As you observe the text, there's a repeated phrase in this chapter that you don't want to miss marking—an action taken by David that gives us insight into how to handle stress.

b.

Mark your geographical locations. Trace them on the map, "David's Journeys."

c.

Once again as you observe the text, mark it off according to the course of events. If you want to record the divisions below, do so.

2.

When you marked the phrase *David inquired of the Lord*, what did it show you about David?

a.

How can inquiring of the Lord become a stress reliever?

b.

Take a moment to read James 1:1-8. Do you see any parallels? What?

c.

What is your confidence in this passage?

3.

When David inquires of God in verses 10-12, how does he do it? Remember, the ephod was the linen garment to which the breastpiece was attached. The ephod was fastened on each shoulder by onyx clasps which had the names of six tribes engraved on one clasp and six on the other. The breastpiece, as you will remember, had a linen pouch which held the Urim and the Thummim.

a.

What are the questions David asks God?

b.

Which question does God answer first?

c.

Then what does David do?

d.

What does this tell you about David?

e.

What does David now know about the men of Keilah? Could something like this become a source of stress in a person's life? How does David handle it?

f.

What can you learn from this? Have you been betrayed by someone you've loved, cared for, helped, rescued? How can you apply this to your life? Think on it. Jot down your insights.

*Has this been a helpful day? How we pray so.*

## DAY FIVE

1.

Now you can finish your observations on 1 Samuel 23:15-29. Make sure you mark the geographical references and trace David's journeys on the map for chapter 23.

a.

What did you learn from the reunion of David with his "blood brother," Jonathan—his covenant partner?

b.

What does Jonathan do for David—and what does it tell you about their relationship?

c.

Again you find David and Jonathan cutting a covenant before the Lord. Read verse 17 and note what Jonathan is pledging to David. Remember, in the natural order of things, Jonathan would have succeeded his father as king over Israel (1 Samuel 20:30-31).

2.

Now let's look at what transpires between Saul and the Ziphites; then between David and Saul.

a.

Why didn't Saul capture David? Notice that David's men had increased from 400 to 600 (22:2 cf. 23:13), but Saul had thousands.

b.

How is God's deliverance of David seen near the end of this chapter?

c.

What does this tell you about God?

d.

How does this line up with 23:14b? (This is a statement worth marking.)

e.

How can knowing this about God help an individual (you) when living under stress?

3.

David wrote another psalm about this—Psalm 54 (also at the end of this lesson). As you read it, watch how the psalm opens and how it ends.

a.

What do you learn from the progression of this psalm from beginning to end? Does it give you any insight into David's way of dealing with stressful news?

b.

Do you see how David again models what he wrote in Psalm 56:3—"When I am afraid, I will put my trust in You"? What does this tell you about David's relationship with his God?

4.

As you have looked at the psalms David wrote during this period of his life, how do they reflect a heart for God, a heart ready to do the will of God?

5.

Have you noticed just how many psalms David wrote in connection with the events we have studied this week? How do you think writing out psalms like this could help you handle stress? Have you thought of writing your own psalm to God?

If you have time, why don't you try it. You'll notice when David was under stress, basically he laid the situation before God, then focused on who God was, what God was able to do, and his status before God. Then he rested in those truths either by requesting His help, affirming His redemption power, or praising and thanking Him for being God.

*It's been a rich week in His Word, hasn't it? May you be blessed in ways that will greatly delight you in the inner man.*

## Psalm 34

*A Psalm of David when he feigned madness before  
Abimelech, who drove him away and he departed.*

I will bless the Lord at all times;  
His praise shall continually be in my mouth.

2

My soul will make its boast in the Lord;  
The humble will hear it and rejoice.

3

O magnify the Lord with me,  
And let us exalt His name together.

4

I sought the Lord, and He answered me,

And delivered me from all my fears.

5

They looked to Him and were radiant,  
And their faces will never be ashamed.

6

This poor man cried, and the Lord heard him  
And saved him out of all his troubles.

7

The angel of the Lord encamps around those who fear Him,  
And rescues them.

8

O taste and see that the Lord is good;

How blessed is the man who takes refuge in Him!

9

O fear the Lord, you His saints;  
For to those who fear Him there is no want.

10

The young lions do lack and suffer hunger;

But they who seek the Lord shall not be in want of any good thing.

11

Come, you children, listen to me;  
I will teach you the fear of the Lord.

12

Who is the man who desires life  
And loves *length of* days that he may see good?

13

Keep your tongue from evil  
And your lips from speaking deceit.

14

Depart from evil and do good;  
Seek peace and pursue it.

15

The eyes of the Lord are toward the righteous

And His ears are *open* to their cry.

16

The face of the Lord is against evildoers,  
To cut off the memory of them from the earth.

17

*The righteous* cry, and the Lord hears  
And delivers them out of all their troubles.

18

The Lord is near to the brokenhearted  
And saves those who are crushed in spirit.

19

Many are the afflictions of the righteous,

But the Lord delivers him out of them all.

20

He keeps all his bones,  
Not one of them is broken.

21

Evil shall slay the wicked,  
And those who hate the righteous will be condemned.

22

The Lord redeems the soul of His servants,  
And none of those who take refuge in Him will be condemned.

Psalm 56

For the choir director; according to Jonath elem  
rehokim. A Mikhtam of David, when the Philistines  
seized him in Gath.

Be gracious to me, O God, for man has trampled upon me;

Fighting all day long he oppresses me.

2

My foes have trampled upon me all day long,  
For they are many who fight proudly against me.

3

When I am afraid,  
I will put my trust in You.

4

In God, whose word I praise,  
In God I have put my trust;  
I shall not be afraid.  
What can *mere* man do to me?

5

All day long they distort my words;  
All their thoughts are against me for evil.

6

They attack, they lurk,  
They watch my steps,  
As they have waited *to take* my life.

7

Because of wickedness, cast them forth,  
In anger put down the peoples, O God!

8

You have taken account of my wanderings;  
Put my tears in Your bottle.  
Are *they* not in Your book?

9

Then my enemies will turn back in the day when I call;  
This I know, that God is for me.

10

In God, *whose* word I praise,  
In the Lord, *whose* word I praise,

11

In God I have put my trust, I shall not be afraid.  
What can man do to me?

12

Your vows are *binding* upon me, O God;  
I will render thank offerings to You.

13

For You have delivered my soul from death,  
Indeed my feet from stumbling,  
So that I may walk before God  
In the light of the living.

## Psalm 142

Maskil of David, when he was in the cave. A Prayer.

I cry aloud with my voice to the Lord;  
I make supplication with my voice to the Lord.

2

I pour out my complaint before Him;  
I declare my trouble before Him.

3

When my spirit was overwhelmed within me,  
You knew my path.

In the way where I walk  
They have hidden a trap for me.

4

Look to the right and see;  
For there is no one who regards me;  
There is no escape for me;  
No one cares for my soul.

5

I cried out to You, O Lord;

I said, "You are my refuge,

My portion in the land of the living.

6

"Give heed to my cry,  
For I am brought very low;  
Deliver me from my persecutors,  
For they are too strong for me.

7

"Bring my soul out of prison,  
So that I may give thanks to Your name;  
The righteous will surround me,  
For You will deal bountifully with me."

## Psalm 52

For the choir director. A Maskil of David, when Doeg the Edomite came and told Saul and said to him, "David has come to the house of Ahimelech."

Why do you boast in evil, O mighty man?

The lovingkindness of God *endures* all day long.

2

Your tongue devises destruction,  
Like a sharp razor, O worker of deceit.

3

You love evil more than good,  
Falsehood more than speaking what is right.      Selah.

4

You love all words that devour,  
O deceitful tongue.

5

But God will break you down forever;  
He will snatch you up and tear you away from *your* tent,  
And uproot you from the land of the living.      Selah.

6

The righteous will see and fear,  
And will laugh at him, *saying*,  
"Behold, the man who would not make God his refuge,  
But trusted in the abundance of his riches  
*And was strong in his evil desire.*"

8

But as for me, I am like a green olive tree in the house of God;  
I trust in the lovingkindness of God forever and ever.

9

I will give You thanks forever, because You have done *it*,  
And I will wait on Your name, for *it is* good, in the presence of  
Your godly ones.

## Psalm 54

For the choir director; on stringed instruments. A Maskil of David, when the Ziphites came and said to Saul, "Is not David hiding himself among us?"

Save me, O God, by Your name,

And vindicate me by Your power.

2

Hear my prayer, O God;  
Give ear to the words of my mouth.

3

For strangers have risen against me  
And violent men have sought my life;  
They have not set God before them. Selah.

4

Behold, God is my helper;  
The Lord is the sustainer of my soul.

5

He will recompense the evil to my foes;  
Destroy them in Your faithfulness.

6

Willingly I will sacrifice to You;  
I will give thanks to Your name, O Lord, for it is good.

7

For He has delivered me from all trouble,  
And my eye has looked *with satisfaction* upon my enemies.