



# **God is our Refuge: Lessons from David to Combat Fear (1 Sam 22-23)**

*Study Notes Handout: Week Thirteen*

*When I am afraid, I will trust in you, in God whose word I praise. (Ps. 56:3)*

*Have mercy on me, O God, have mercy on me, for in you my soul takes refuge.  
I will take refuge in the shadow of your wings until the disaster has passed. (Ps. 57:1)*

## Sermon Outline: When you have made the Lord your refuge:

1. You are in relationship with Him and you inquire of Him (23:1 - 2)
2. You heed His Word more than the words of men (23:3 - 4)
3. You are strong in the Lord, even during times of weakness (23:5 - 6)
4. You avoid the places of life that imprison, and God protects you (23:7 - 14)
5. You find your strength in God and the people God sends your way (23:15 - 18)
6. You are delivered from the hand of the enemy (23:19 - 29)
7. You leave room for God to judge between you and others, and to avenge all wrongs (24:1 - 22)

## Questions for Reflection / Discussion:

How conscious are you of the Lord Jesus each day? How much do you inquire of Him? How do you find refuge in Him instead of other places that you are inclined to run to or hide in? What is the main circumstance in your life right now that God is using to teach you about trusting Him? Share this.



## Personal Study Notes

Key Verses:

*1 Sam 21:1; 22:5; 23:2, 4, 9, 16*

### **The Lord Blesses David the Fugitive but Judges Saul**

David Receives Assistance from the King of Moab (22:1-5)

Saul Slaughters the Lord's Priests at Nob (22:6-19)

David Rescues Yahweh's Priest Abiathar (22:20-23)

David Rescues Keilah from the Philistines (23:1-6)

David Escapes from Saul in the Arabah (23:7-29)

#### **Questions or Insights for Discussion:**

1)

2)

