

# DAVID: RISE & FALL

## Part 2. DOEG

Read 1 Samuel 21.1-9 & 22.6-23 to get a fuller idea of the story for this week. Get someone to give a brief recap of the talk.

- What particularly struck you about this week's message? Did it resonate at all with your experience?
- What is it about being stressed that makes us prone to making bad choices and not trusting God?
- Why is being or feeling isolated and alone so damaging for faith?
- What are your go to habits when you are feeling depleted? What things do you turn to?

Philip said that you can choose your actions, but you can't choose their consequences.

- Have you experienced an example of this – unintended harmful consequences coming from a single bad decision? In your life, in the life of a friend or relative?
- If we make bad decisions when we're stressed, alone or depleted, what does this reveal to us about how God created us to live?
- Has there been a time in your life when community or accountable friendships have steered you away from making a bad decision, or have alleviated your feelings of stress, loneliness and depletion?
- What would it look like for us as a Hub to be good friends, who can help strengthen each other?

Take a little time to talk about Mentoring – people's experience of it. Are there people in the Hub who would like Mentoring that are not already receiving it? Can we provide this for each other? How about the idea of Mentoring Triplets?

**BIG IDEA:** When we're Stressed, Alone and Depleted we can make bad decisions that have even worse consequences. Prioritising community and accountable relationships makes all the difference.

Take some time to pray for one another. Get each person to choose one of the 3 feelings (stressed, alone, depleted) that they are feeling most at the moment. You could invite people to share about why they are feeling like that (a great chance to practise vulnerability as a group) but you don't need to push anyone.

Then depending how much time you have, pray for each person individually to strengthen them in community and in The Lord (you could practise prophesying here if you wanted to!). If you don't have as much time, maybe split down into smaller groups so that you can still pray for each person individually.