

# DAVID: RISE & FALL

## Part 1. ACHISH

Get someone to give a brief recap of the talk.

**Optional:** To help us get an overview of the story from where we left off last week, give each person a chapter (between 1 Samuel 22 and 1 Samuel 31). Get them to read it and then feedback a brief summary of it to the group. (If you have more than 10 people, you can pair some up, if you have less than 10 people, some people may need to read 2 chapters).

- What do you think about the idea of Discouragement being the Devil's favourite tool? Can you relate to this at all?
- Why do you think we find it so hard to live in 'The In-Between', even if we know something good is coming? What is it that you think makes it such a hard place to be? Have you ever been in this place – are you there right now?
- For David, in this transition time God was teaching him and growing him into the person he needed to be to be able to be King of Israel. What do you think God is teaching you and growing you in at the moment?
- 'But David found his strength in The Lord his God.' What do you think it looks like and feels like to find your strength in God?
- To help us through these difficult transition times we need to remember to LOOK UP. What does it look like for you to 'look up' to God? How could you do that this week?
- We also need to LET GO. What makes it so hard to surrender control? How can we fight this to enable ourselves to trust God more?

**BIG IDEA:** Living life in 'The In-Between' can be draining and discouraging. Learn to strengthen yourself in God by Looking Up and Letting Go.

Take some time to pray together – especially for those who are feeling weighed down, or in a time of transition. Maybe take some time to just wait on the Holy Spirit together and ask for his presence to come and strengthen you and remind you who He is and how much He loves you and His faithfulness through it all.