

SERMON APPLICATION GUIDE

DON'T WASTE YOUR DISTRESS

I SAMUEL 30:1-231

MARCH 10TH, 2024

- I. Great Distress Suffered: vs. 1-6a
- II. Divine Strength Accessed: vs. 6b-10
- III. Surprising Providence Continued: vs. 11-15
- IV. Unlikely Victory Experienced: vs. 16-20
- V. Gracious Generosity Displayed: vs. 21-31

Questions:

1. Share a time in your life when you felt like you hit rock bottom. What was the hardest part about that particular experience?
2. How does chapter 30 provide one last great contrast between King Saul and David?
 - Hint: 1 Samuel 28:15 and 30:6
3. What does it look like practically to view distress as a gift? How did David do that in this chapter?
4. Spend some time in your group looking at various passages that talk about being strengthened by God. Split up into two groups, and spend about 10-15 minutes looking at the following passages (have one group take the first 4 passages and the other group take the last 4 passages). Then, come back and share what you've learned about what it means to be strengthened by the Lord.
 - Isaiah 40:29-31
 - Philippians 4:11-13
 - Psalm 119:28
 - Ephesians 3:14-19
 - Nehemiah 8:10
 - Ephesians 6:10-20
 - 2 Corinthians 12:9-10
 - Isaiah 41:10
5. At the end of the chapter, David displayed gracious generosity. How might you need to grow in this area of generosity and grace to others specifically? How does the example of Jesus help us in this area?