

what are you THINKING?

(1 Samuel 27:1-12)

Supplemental Reading: *Matthew 12:34; 1 Kings 18,19; Genesis 16:1-2; Exodus 14:10-12; Jonah 2:2-3, 4:3; Psalm 42; Joshua 1:9; 2 Corinthians 10:5; Proverbs 4:23; Romans 12:2; James 4:7; Philippians 4:8-9; Isaiah 26:3; John 14:1; Romans 8:35,37; Colossians 3:2; Philippians 4:8-9; Nehemiah 4; Joshua 7:11; Psalm 69:6; John 14:15; James 4:17; 1 Corinthians 10:13*

1. **DISCOURAGEMENT** is potent and will cause us to make poor choices.
2. When despair and discouragement come, we have to **CAPTIVATE** our thoughts.
3. When I act on discouragement and despair, I usually end of taking someone **WITH ME**.
4. Discouragement will often lead me to **COMPROMISE**.
5. When we cave to discouragement, the enemy will **USE** us.
6. Discouragement can lead us into precarious **PREDICAMENTS**.



Taking it further to help you THRIVE...

THRIVE Groups are where life and growth take place. We don't want to just say "See *you next week*" as we leave each Sunday - we want to connect!

For more info on joining a THRIVE Group, visit thrivekg.org/thrive-groups.

1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged, or confused you?
2. Discouragement is something we all deal with. What are some ways you have handled seasons of discouragement?
3. There is very little evidence in this chapter that David sought the Lord in this season of discouragement. Describe a time when you have made a decision based upon your own thoughts and desires instead of seeking the Lord. What was the outcome?
4. David seemed to forget all that God had done for him. (Read Nehemiah 4:14.) Why is looking back (remembering God and all He has done) so vital to moving forward? Why do we often struggle to do this, and how can we get better at it?
5. Pastor John talked about 5 R's related to discouragement: Recognize, Refresh, Renew, Reset, and Resist. Which of these do you have the most difficulty doing? Why do you think this is the case?
6. John quoted Martyn Lloyd-Jones in saying this: "Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?" What did Lloyd-Jones mean? How should we 'talk to' ourselves? What should we be saying?