



LESSONS FROM A KING
About

DAVID'S DEPRESSION

1 Samuel 27

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• All Scriptures are printed verbatim with translations noted.
• God's Word will be printed in regular faced text with Pastor Joe's commentary in the smaller faced text.
• Biblical words, underlined with dots, are explained in the brackets. • Pastor Joe's email is Joe@southreno.com.

A. David's Depression in the Psalms

Psalm 10:1, NLT - ¹ O LORD, why do you stand so far away? Why do you hide when I am in trouble?

Psalm 13:1-2, NLT - ¹ O LORD, how long will you forget me? Forever? How long will you look the other way? ² How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?

Psalm 22:1-2, NLT - ¹ My God, my God, why have you [forsaken me]? Why are you so far away when I groan for help? ² Every day I call to you, my God, but you do not answer. Every night I lift my voice, but I find no relief.

B. David's Depression in 1 Samuel 27

1. The Circumstances of David's Depression.

A. David had an enemy he could not master.

1 Samuel 23:14, NASB95 - ¹⁴ David stayed in the wilderness in the strongholds...he remained in the hill country in the wilderness... And Saul sought him every day...

B. David had an expectation he could not meet.

1 Samuel 27:1, NASB95 - ¹ Then David said to himself, "Now I will perish one day by the hand of Saul. There is nothing better for me than to escape into the land of the Philistines.

2. The Cost of David's Depression.

A. He defected to the enemy.

1 Samuel 27:2, NASB95 - ² So David arose and crossed over, he and the six hundred men who were with him, to Achish the son of Maach, king of Gath.

B. He deceived himself.

1 Samuel 27:4, NASB95 - ⁴ Now it was told Saul that David had fled to Gath, so he no longer searched for him.

C. He dishonored his Lord.

1 Samuel 27:5, NASB95 - ⁵ Then David said to Achish, "If now I have found favor in your sight, let them give me a place in one of the cities in the country, that I may live there...

D. He destroyed his testimony.

1 Samuel 27:10, NASB95 - ¹⁰ Now Achish said, "Where have you made a raid today?" And David said, "Against the Negev of Judah and against the Negev of the Jerahmeelites and against the Negev of the Kenites."

E. He descended further into sin.

1 Samuel 27:9, NASB95 - ⁹ David attacked the land and did not leave a man or a woman alive, and he took away the sheep, the cattle, the donkeys, the camels, and the clothing. Then he returned and came to Achish.

C. An Antidote for Depression

Here's where David got it wrong: "Then David said to himself..." - 27:1

Here's where David got it right: "But David encouraged himself in the Lord." - 30:1



1. Focus on the Promises of God.

Psalm 89:3-4, NASB95 - ³ "I have made a covenant with My chosen; I have sworn to David My servant, ⁴ I will establish your seed forever And build up your throne to all generations."

2. Focus on Your Prayers to God.

1 Samuel 30:6c, NASB95 - ⁶ But David strengthened himself in the LORD his God.

3. Focus on the Possibilities with God.

2 Samuel 7:27, NCV - ²⁷ "LORD All-Powerful, the God of Israel, you have said to me, 'I will make your family great.' So I, your servant, am brave enough to pray to you.