

Adult Study: Breathe Normally **“Flight Instructions for Life Changing Situations”**

Group Discussion:

Can you think of a life-changing situation that has happened to you?
How did you breathe when you were going through that? How long did it take to catch your breath?

Main Point: *We can breathe normally in life changing situations when we focus on the will of God and are willing to wait on God’s timing.*

David’s Life-changing situation: Discuss the events from 1 Samuel 19 – 24.

- What caused David to run from Saul?
- What convinced Jonathan that Saul wanted to kill David?
- Why do you think Saul was so intent on getting rid of David?
- Why did David’s men believe God had given Saul into David’s hands?
- Why would David do no harm to Saul when he had the chance? (1 Samuel 24:15)
- What did he do instead?

David wrote about this life-changing situation in Psalm 27. Spend some time discussing this by answering the following questions.

- Who did David rely upon when he was on the run for his life?
- How would God turn the tables on David’s enemies?
- What one thing did David ask of the Lord? (v. 4)

- What would God do in David's day of trouble? (v. 5)
- What would David do in response to God's protection? (v. 6)
- What was the essence of David's prayer in verses 7-12?
- As David concludes the psalm, he gives some final instructions. What were those instructions? (v. 14)

How can those final instructions help us to breathe normally when we go through some life-changing situation?

Read Isaiah 40:28-31.

- How are Isaiah's words similar to David's?
- How have you discovered these words to be true?

What life-changing situation are you going through right now that we need to pray about?

PRAYER