



S E R M O N G U I D E

No Limits with Pastor Delman

How To Keep Looking Up When You're Feeling Down

2 Samuel 12:15-23

NOTES INTRODUCTION In our text today, we are delivered to the scene in the life of King David during a time when he had much to look down about. David learns for the first time of the passing of his child. He must have felt down, mortified, and broken. There's no doubt he was suffering under immense pain, but we get a glimpse at what he does to rebound when he must have been feeling down. He has a family to provide for, he has a nation to protect and lead, and he has enemies to fight and defeat. And in the midst of it all, he models for us how to handle grief and loss, not if it happens, but when. Grief and loss are universal and inevitable. So how does David make it? How does David keep looking up when he's been feeling down? That's what we're going to dive into in this message. **KEY POINTS** 1. Don't Walk In Condemnation The child that David lost in today's key passage was the child he conceived with Bathsheba, a woman who, at the time, was married to one of David's soldiers. So while David is penitent when the child dies, he does not blame himself nor does he live in condemnation. He takes responsibility for his sin in verse 13, but he doesn't let a spirit of judgment, guilt, and shame overwhelm him. There's a difference between accountability and shame. Accountability is when you realize that you've done something bad and you take responsibility for it, but shame is when you begin to think you are bad. There's a difference between a bad person and a person who has done something bad. David understands this difference when he acknowledges his sin. Was he happy? Of course not! Did he desire a different outcome? Sure. But he didn't let the pressures around him take control of what was happening inside of him. 2. Walk Through The Grief Cycle I think there are indications in this text that David was able to keep looking up because he had moved through the grief cycle. There was a protocol among the Jews in the Bible to tear their clothes when dealing with death, grief, or some great calamity.

No Limits with Pastor Delman

How To Keep Looking Up When You're Feeling Down

2 Samuel 12:15-23

But here, David does not tear his clothes. Instead, verse 20 says that he "changed his clothes." David "rose from the ground, washed, anointed himself, and changed his clothes." David does that not because he is indifferent, but because he has completed the grief cycle which ends in acceptance; accepting the reality of what has happened and deciding to move on.

3. Make Sure Your Relationship With God Is Solid

When David goes through the grief cycle, when he gets up, cleanses himself, changes his clothes, and goes to worship, those around him are surprised to see him in a good place. They thought that because he had fasted and wept for the child he'd be more distraught. So they did not understand how he had gotten up and was eating even though God didn't give him the thing he desired.

But what they did not understand is that David was able to manage this season of loss because his prayers and his fasting were not conditional. He did not go through that season of fasting and prayer with the goal of manipulating God. Instead, David was able to get up, pull himself together, and go into the house of the Lord because his relationship with God was not contingent on God giving him what he wanted.

110125	
	_
	_
	_
	_
	_
	_
	_
	—
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_
	_

NOTES

No Limits with Pastor Delman

How To Keep Looking Up When You're Feeling Down

2 Samuel 12:15-23

QUESTIONS TO CONSIDER

1.	When was a time you operated from a place of shame instead of
	accountability? How would you do things differently if you could go back to
	that moment?

2.	Have you ever had to walk through the grief cycle? If so, what was the
	toughest part about that season of your life (or what was the toughest stage
	of the cycle to navigate)?

3.	What is one step you can take this week to make your relationship with God stronger?