



NO LIMITS

WITH PASTOR DELMAN

HOW TO KEEP
LOOKING UP ↑
WHEN YOU ARE
FEELING DOWN

S E R M O N G U I D E

How To Keep Looking Up When You're Feeling Down

2 Samuel 12:15-23

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.

NOTES

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.

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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?
