

Weekly Study of Sunday's Message.

Sunday October 7, 2018. "David- Bring Me My Ephod: The With god Life".

A. Intro.

Welcome to the weekly devotional that gives you some specific things to work thru from the message this past Sunday. Whether you were able to attend the worship service or not, this devotional is free-standing and you can still use it to help you dig deeper in your own spiritual walk. Take as long as you need to dive into this material and feel free to share it.

B. Sunday's Message.

This past Sunday Kal brought the message in our series about David, and he revealed this lifestyle that David practiced, at least early in his life, that helped guide and direct him, during some of the most difficult times of his life. This lifestyle was called the **"With God Life"**, and it was a term coined by a great thinker, philosopher, and theologian Dallas Willard, who just recently passed away. Dallas Willard taught there is this life that God desires for us, that we were created for, in which we continually and constantly stay connected to God. And this type of connection is the source of wisdom and helps guide us thru life.

But we don't always practice staying connected to God well...or consistently.

Why is that?

What keeps us from seeking guidance and direction from God?

It was shared Sunday that several things have to happen before we can grow a lifestyle in which we regularly practice the **"With God Life"**.

These truths are.

-Come to the end of ourself.

To accept sometimes, okay A LOT of times, we're not the best boss of our own life.

-Be willing to intentionally do the work to create this kind of life.

This isn't to earn God's approval, but to realize it does take thoughtful committed effort to live this kind of life.

-Understand that life comes at us faster than we can handle, and sometimes we have to make quick wise decisions in the moment.

-We don't always have the luxury of time or gathering wise people to help us make that decision.

We need to have an *'instinctual wisdom'* that just kicks in quickly.

-And often our emotions ABOUT that decision will cloud or override the maturity we need to make a better decision.

Sometimes in difficult or crisis type situations all we can feel are our feelings. And those feelings are clouding our ability to see wiser solutions. We should rarely, or never, *'go with our heart'*.

Where is the struggle for you?

Which truth above is the one you most likely need to work on?

C. Scripture.

The primary scripture used Sunday morning was from **1 Samuel 23:7-13a**. In this passage David is on the run from Saul, and needs some guidance in what to do. He could have either just thrown caution to the wind and go with his gut, or seek wiser counsel. Read the passage and then we'll unpack it.

David instructs one of his men to *"bring me my Ephod"*. This was a ceremonial garment that David put on that prepared him to meet God. Now we understand God is always with us, we know that. However, there are times we need to go thru a process, a preparing, with some formality, to meet with God. And this is what David was doing. To actually live the **"With God Life"**, David knew that this was serious work.

Let's see what you think.

What is the message behind this story?

What does the ephod mean?

From this story we can see God deeply desires a **"With God Life"** for us, and he is also passionately committed to our success. Not necessarily to keep bad things from happening to us, or to make us wealthy, and have a life of ease, but to help us navigate the difficulties of life. However, we have to seek him out in doing this.

There was an interesting point brought out Sunday morning and that was.

If we don't practice the **"With God Life"** regularly then what is our vice?

What is that thing, or things, that are not good for us, life-giving, will grow us in maturity, that are a part of our life because we're not walking with God regularly.

So...let's go there.

Can you identify some 'vices' that you struggle with regularly?

Consumerism, greed, anger, impatience, perfectionism, worldly success, busyness, bitterness, escapism, etc.

Can you attribute these to a struggle to regularly spend time with God?

D. Meditation.

Kal then walked the congregation thru a guided meditation to help them understand a method and the benefits of actually living the **"With God Life"**.

This is difficult to do on paper,, but I want you to try and see if you can experience a brief moment in the presence of God. Give yourself at least 5-10 minutes to walk thru this experience.

Where you are now, find a quiet place and a comfortable chair, (not too comfortable...you want to stay awake).

Place your feet flat on the floor, palms up in your lap, close your eyes, and take three long slow deep breaths.

Relax your body from the head to your feet as if warm water was poured over the top of you.

Picture your favorite place and just imagine being in that spot and what it's like all around you. As you're in that place imagine Jesus right there with you, and you two are talking.

What are you talking about? How does it feel?

After awhile Jesus says he has to leave and you can ask him one more question. What is it?

These types of meditations can be just one way to experience the **"With God Life"**. The life God desires for us and helps make us the better version of ourselves. David used it regularly and we can benefit from it also.

Create a life that you can be aware of the presence of God every moment...the **"With God Life"**.