

Weekly Study of Sunday's Message.

Sunday October 21, 2018. "David- Road to Recovery".

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.

Sunday is the second to the last in the David series, and Pastor Lamar used the life of David to show us how to take those first steps of recovery after a poor decisions or just fighting the big battles of life. Sometimes, or A LOT of times, life just beats us down and it's easy to give up. Why bother, another wave will just come along and knock me down, so we might as well stay there.

And we also saw this past Sunday from the life of David, even though there are no promises for a struggle-free life, there are some powerful and helpful truths that can help us on that road to recovery.

C. Scripture.

The scripture Sunday stretched over several verses; **1 Samuel 30:6-9, 13-15, 21-25**. Read these passages, and then we'll unpack them and talk about what it looks like to move on from regret and live that life that God has called each of us to.

David was in a tough situation. He had been out fighting with his men, only to find when he came home all of their families had been captured and taken captive.

Not that we have been in that exact situation, (I hope you haven't), but can you relate to what David must have been feeling to have such a horrible thing happen?

What are our emotional responses when something devastating happens?

How do we cope, survive?

Lamar said that David was able to gather his wits, went back to the "*Bring me my Ephod*" we saw in week three, and find strength and encouragement in what was an extremely difficult time.

D. Truths to help us 'recover'.

Here are some of the truths Lamar pulled out of the passage that David discovered in his time with God. Go over each of these and then we'll talk more about them.

1. God is listening.

-David believed God was always available, desired a relationship with him, and actually cared about his well-being.

2. All is not lost.

-Just because you have decisions and actions you regret, losses you've experienced, you can still recover. No one is beyond hope and God never gives up on us.

3. God is not limited.

-Your new life will be different, but that doesn't mean you can't have a fulfilling life. You can adjust to your life, accept your new reality, and allow the infiniteness of God fill you.

4. God will send someone to lead you.

-Look for someone to help guide you to recovery. We cannot and weren't created to handle the difficulties of life alone. When we feel overwhelmed by our situation, find someone who is ahead of us, more experienced and mature, and lean into them for guidance and wisdom.

5. Love others liberally.

-Having been thru some tough times ourselves, understanding these promises from God, knowing them and practicing them, should help us show love, kindness, and compassion to EVERYONE.

What do each of these mean to you, how have they inspired you?

We also have to be aware of what they don't mean either.

So what do they not mean also?

These all should be powerful and encouraging truths about how we can recover from the difficulties of life, poor choices, and regrets we still may be holding onto.

We all want to make less mistakes in life, to live a life of fewer regrets. But we have, still do, and unfortunately will continue to mess up. Some in small 'fixable' ways, and then there will be some choices, and decisions...oh wow... it would take a giant reconstruction team to clean up the mess and repair. BUT, we have learned here that we have a God who is never done with us, and will always be there for us to turn to and do the work to get our life back on track. The road to recovery.

Thru his life, David got himself into quite a few bad places. Some not of his own choosing, just the difficulties of life, and then some David just dug himself a deep 'ole hole and jumped in. And yet God was always faithful to restore the relationship. Now this doesn't mean that David didn't suffer the consequences of his choices. That's just built into the system. However, the relationship with God was never severed. David knew that he could always turn to God no matter what.

And we have that same promise. Know there is nothing you can do to make God love you more, AND there is nothing you can do to make God love you less. There is ALWAYS recovery.

How does this encourage you?

How can, will, you live differently today because you can be assured there is nothing you can do to stop God from loving you?