

VALLEYS & VICTORIES SERMON SERIES



WEEK 1 Overcoming Discouragement Through Faith

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LAS LOMAS COMMUNITY CHURCH
WEDNESDAY NIGHT STUDY
WWW.LASLOMASCC.COM

Before the Bible study,

- Please watch/listen to last Sunday's message at laslomascc.com/media

What's one thing about this week's message that stood out to you as something you needed to hear OR a question you had about the message?

QUESTION



MAIN POINTS FROM THE SERMON

- ***COMMON SOURCES OF DISCOURAGEMENT***

David, once again, will show us what living in a Valley of Discouragement is all about.

- ***DAVID'S DILEMMA***
- ***WHEN YOU FEEL DISTRESSED, FIND ENCOURAGEMENT IN GOD***

DISCUSSION QUESTIONS

READ 1 Samuel 30:1-6

- Imagine walking in David and his men's shoes.
 - How would you feel upon seeing your town burned and your loved ones taken captive?
- How did the men react to the crisis, and how did their reactions differ from David's?
 - What can this teach us about the importance of where (or in whom) we place our trust during difficult times?

READ Proverbs 19:21

- How do you typically respond when your expectations or plans don't align with God's purpose?
 - Can you share a time when God's purpose later became clear despite initial disappointments?

READ 1 Samuel 30:6

- Like David, have you experienced a situation where you were deeply distressed but chose to find strength in the Lord?
 - What actions did you take following that encouragement?

LIVING IT OUT SECTION

As we learned this week, in the face of overwhelming distress, David turned to the Lord for strength and guidance.

This week, when faced with challenges:

- Pause and seek God's presence before reacting impulsively.
- Let His peace calm your spirit, and
- allow the Holy Spirit to guide your decisions.

Remember, even in the most trying times, God remains our steadfast source of strength and direction.



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