

## Part 6

### Finding Strength in the Lord

#### *1 Samuel 30:1-25*

1. The Christian life is often portrayed as a before-and-after story, with everything "after" being sweetness and light. How do you respond to that kind of portrayal?

2. Read [1 Samuel 30:1-25](#). When David and his men return to their home in Ziklag, what do they find ([1 Samuel 30:1-3](#))?

What are we told about the depths of their distress ([1 Samuel 30:4-6a](#))?

3. Think of a time in your life when you felt overwhelmed by a problem. How did you respond—with tears, bitterness, or in some other way? Explain.

4. In the midst of his distress, how do you think David "found strength in the LORD his God" ([1 Samuel 30:6](#))?

5. In what ways can we find strength in the Lord during our times of distress?

**6.** After David has found strength in the Lord, how does he also find help from the Lord ([1 Samuel 30:7-20](#))?

**7.** What was wrong with the logic of those who said, "Because they did not go out with us, we will not share with them the plunder we recovered" ([1 Samuel 30:22](#))?

**8.** David declares that the Lord "has protected us and handed over to us the forces that came against us" ([1 Samuel 30:23](#)). If the Lord was able to do all that, why do you think he allowed the problem to arise in the first place?

**9.** How can David's experience help us to have a realistic view of the difficulties we might face as Christians?

**10.** Reflect on a difficulty or distress you are currently facing. How can David's experience give you hope?