

LIFE APP

CRAZY TRAIN

CRAZY EMOTIONS

September 12-13, 2020

1 Samuel 21:1-9 NLT: David went to the town of Nob to see Ahimelech the priest. Ahimelech trembled when he saw him. “Why are you alone?” he asked. “Why is no one with you?” “The king has sent me on a private matter,” David said. “He told me not to tell anyone why I am here. I have told my men where to meet me later. Now, what is there to eat? Give me five loaves of bread or anything else you have.” “We don’t have any regular bread,” the priest replied. “But there is the holy bread, which you can have if your young men have not slept with any women recently.” “Don’t worry,” David replied. “I never allow my men to be with women when we are on a campaign. And since they stay clean even on ordinary trips, how much more on this one!” Since there was no other food available, the priest gave him the holy bread—the Bread of the Presence that was placed before the Lord in the Tabernacle. It had just been replaced that day with fresh bread. Now Doeg the Edomite, Saul’s chief herdsman, was there that day, having been detained before the Lord. David asked Ahimelech, “Do you have a spear or sword? The king’s business was so urgent that I didn’t even have time to grab a weapon!” “I only have the sword of Goliath the Philistine, whom you killed in the valley of Elah,” the priest replied. “It is wrapped in a cloth behind the ephod. Take that if you want it, for there is nothing else here.” “There is nothing like it!” David replied. “Give it to me!”

LIFE GROUP / PERSONAL STUDY:

Since Covid-19 hit the world over 6 months ago, we have all experienced various emotions from anger, to isolation, and fear like never before. It’s like we’re all on a “Crazy Train” and we don’t know where it’s heading or how we can get off. Nothing makes sense and nothing is normal. The problem we all deal with when we are feeling angry, alone, or afraid is that we have a tendency to not do what God says is important. Instead we just take matters into our own hands, which oftentimes leads to disastrous consequences. David had this same experience and we can learn a great deal by studying his actions and reactions. This is one story about David that is not an example to follow but provides a warning to heed.

Read 1 Samuel 20:28-34 NLT:

1A) In 1 Samuel 21:1, we see that David went to Ahimelech the priest. Describe the situation that caused David to go there and the feelings he was probably experiencing.

1B) How do you see that King Saul was also dealing with crazy emotions?

2A) In 1 Samuel 21:2-6, what did David do that shows that he wasn’t trusting in God or in God’s ways?

2B) PERSONAL: Why do you think we run away from God instead of to God when we face trouble of any kind?

3) What else did David get from Ahimelech and why should this have reminded David to trust in God?

Read 1 Samuel 21:10-15:

4A) What did David do next and what happened that reveals that David was still dealing with crazy emotions?

4B) PERSONAL: Which crazy emotions have you been dealing with during this time of difficulty?

Read 1 Samuel 22:9-23:

5A) What important piece of information are we given in 1 Samuel 21:7?

5B) What horrible consequences took place as a result of the crazy emotions of both King Saul and David?

6) PERSONAL: How do the following verses help you accept the fact that God is in control and that He allows difficult situations and uses those times to grow our faith in Him?

Daniel 2:20-23:

Lamentations 3:37-38:

7A) According to Psalm 139:1-12, how can we know that we are never alone and that we should not try to take matters into our own hands?

7B) According to 2 Timothy 1:7, what has God given us that helps us know that we can overcome any difficulty we face and overcome the crazy emotions that we may feel?

Read Psalm 34:1-9:

8A) What did David learn about God from his experience in dealing with “crazy emotions?”

8B) PERSONAL: How does this Psalm help you?

ACT: When we are dealing with crazy emotions - which we all do - God wants us to: 1) accept the fact that He is in control and that we do not need to take matters into our own hands - in fact - that is a dangerous thing to do. 2) We also need to acknowledge the fact that God is with us and that He cares - we are not alone! 3) We have no need to be afraid because God has given us His Love and His Power and He gives us a Sound Mind so that we can deal with and overcome any “crazy emotions” we may be feeling. David learned that by praising God at all times, feelings of anger, being alone, or being afraid will dissipate because He will see us through!

Daily Devotional: It always helps to look at the context of the passage. Then try to answer the following questions about the passage. Who is involved? What is going on? Where is the action taking place? When? How can this concept apply to my life? Why is it important? Also look for Commands, Warnings, and Examples to follow or not to follow.

- This week let's look at passages that reveal how praising God is always the right thing to do!

Monday:

Psalm 56:4 NLT

I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?

Tuesday:

Psalm 71:14-23 NLT

But I will keep on hoping for your help; I will praise you more and more. I will tell everyone about your righteousness. All day long I will proclaim your saving power, though I am not skilled with words. I will praise your mighty deeds, O Sovereign Lord. I will tell everyone that you alone are just. O God, you have taught me from my earliest childhood, and I constantly tell others about the wonderful things you do. Now that I am old and gray, do not abandon me, O God. Let me proclaim your power to this new generation, your mighty miracles to all who come after me. Your righteousness, O God, reaches to the highest heavens. You have done such wonderful things. Who can compare with you, O God? You have allowed me to suffer much hardship, but you will restore me to life again and lift me up from the depths of the earth. You will restore me to even greater honor and comfort me once again. Then I will praise you with music on the harp, because you are faithful to your promises, O my God. I will sing praises to you with a lyre, O Holy One of Israel. I will shout for joy and sing your praises, for you have ransomed me.

Wednesday:

Proverbs 96:2-4 NLT

Sing to the Lord; praise his name. Each day proclaim the good news that he saves. Publish his glorious deeds among the nations. Tell everyone about the amazing things he does. Great is the Lord! He is most worthy of praise! He is to be feared above all gods.

Thursday:

Psalm 100:4 NLT

Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name.

Friday:

Psalm 107:15-21 NLT

Let them praise the Lord for his great love and for the wonderful things he has done for them. For he broke down their prison gates of bronze; he cut apart their bars of iron. Some were fools; they rebelled and suffered for their sins. They couldn't stand the thought of food, and they were knocking on death's door. "Lord, help!" they cried in their trouble, and he saved them from their distress. He sent out his word and healed them, snatching them from the door of death. Let them praise the Lord for his great love and for the wonderful things he has done for them.

Saturday:

Psalm 117:1-2 NLT

Praise the Lord, all you nations. Praise him, all you people of the earth. For his unfailing love for us is powerful; the Lord's faithfulness endures forever.

Sunday:

Psalm 138:1-2 NLT

I give you thanks, O Lord, with all my heart; I will sing your praises before the gods. I bow before your holy Temple as I worship. I praise your name for your unfailing love and faithfulness; for your promises are backed by all the honor of your name.



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