

Becoming a Woman After God's Own Heart

My Hiding Place, My Stronghold

Lesson 7

Having repented of his failures, a restored David found himself fleeing from Saul again. To save his life David ran to the wilderness, but in his heart he ran to the Lord. David turned to God to keep him safe and continued to serve the Lord by helping the city of Keilah. Even though he was repaid for his help with betrayal, David continued to seek the Lord and trust in His deliverance.

THE BIG PICTURE

Read 1 Samuel 23

Delivering Keilah

1. What trouble was happening in the Judean city of Keilah that David become aware of?
 - How did David show his trust and dependence on the Lord after he learned of Keilah?
 - What actions revealed his godly leadership over the men following him?
 - How did David put the concern and safety of the people of Keilah above his own?

2. What did David ask the Lord when he heard Saul was planning to besiege Keilah in order to kill him?
- What did God tell David?

 - What might have been the motivation of the men of Keilah to betray David in this way?

 - How many men had God entrusted David to lead at this point?

 - In what ways did leading these men prepare David for his reign as king?

A CLOSER LOOK

The Lord continued to use the trials in David's life to prepare him to be king and to deepen his character. David grew in his faith and trust in the Lord. As Saul continued to seek David's life and as men betrayed him, David made his refuge in the Lord.

Seeking the Lord in the wilderness

The psalms David wrote during this time in his life, give insight into his heart. They are a beautiful expression of his honesty before God and his growing dependency and trust of Him.

1. Read **Psalm 54 and 142** and complete the following chart.

	David's problem or prayer request	Truths about God's character	Reasons to praise the Lord
Psalm 54			
Psalm 142			

2. In both **Psalm 54 and 142** there is a progression. David begins by telling the Lord his problem, recalls one or more aspects of God's character, and then ends the psalm with praise. How does remembering who God is change your perspective in the middle of trials?

3. **Psalm 63** speaks of David's deep longing and thirst for the Lord. Read the entire psalm.

- What analogies did he use to describe his longing for God?

- How do these analogies help show the intensity of his love for the Lord?

- What comparison would you use to describe your thirst for the Lord?

Serving the Lord in the wilderness

David continued to serve the Lord and help others, even in the middle of his own trial. There is a strong temptation to withdraw and stop serving the Lord during a severe trial.

1. What helps you resist this temptation?

2. How do our trials equip us to help others? **2 Corinthians 1:3-4**

- What blessings result from serving others when you are in a trial?

- Is there someone you know in a severe trial that needs encouragement?
How will you encourage them this week?

3. David was betrayed by the people that he risked his life to help. What is a godly response to unfair treatment from those you have helped?

PERSONAL DISCOVERIES

What did you learn in this study about:

1. God's deliverance and protection in trials?

2. Making the Lord your hiding place and stronghold?

3. Continuing to serve the Lord during trials?

4. Betrayal from those helped?

5. God's character building during trials?

YIELD AND OBEY

Threats and betrayal come into our lives in many shapes and forms. They can come from enemies, friends, and family. They can come from physical circumstances, or attacks in our thought lives.

1. What circumstance in your life do you need to trust the Lord in a greater way?

○ What will you do to begin to make the Lord your place of refuge?

○ How specifically do you see the Lord's hand preserving you?

