



# FOR MAT ION

## Formation: Strengthen Yourself In The Lord

**Date:** Sunday 10<sup>th</sup> November

**Speakers:** Andrew McNeil & Ali Abed

**Key Verses:** 1 Samuel 30:6

### Talk Summary:

- David endured more difficulty, persecution, rejection and opposition than most of us experience in a lifetime.
- David learnt how to strengthen himself in the Lord.
- This simple phrase describes a turning point in David's story. How did David go from being greatly distressed to leading his men in victory?
- To live in courage requires encouragement and sometimes the only one to encourage you is you. We need to know how to strengthen ourselves in the Lord.
- Stand on solid ground.
  - David didn't deny the state of his soul. He simply wasn't going to let it set the agenda for his life. Psalm 42:5
  - You'll see in the Psalms that David remembered and he rejoiced. Psalms 103: 1-5, Psalms 116: 7-8
- Feed yourself well.
  - We need to review our diet. What are we feeding on? David fed himself on God's word. Psalms 119:103, Matt 4:4
- Pick up your promises.
  - When Jonathan first encouraged David to find strength in the Lord, he reminded him of God's promises.
  - 1 Timothy 1:18 (GNT) - Timothy, my son, I am giving you this command in keeping with the prophecies once made about you, so that by recalling them you may fight the battle well.
- Walk in your calling.
  - Psalms 119:105 -Your word is a lamp for my feet, a light on my path. Am I taking steps consistent with my destiny and God's good purpose for me? Every step I take is either walking in God's destiny or starting on a detour.

## Other Resources:

- [The Big Three booklet](#)

## Group Discussion Questions

### Welcome

*If you don't eat together as a small group then you might want to start the group with some kind of ice breaker question. Remember to introduce yourselves when there are new people.*

### Worship

*Worship is not just singing, it is thanking God for who he is and what he has done and is lived out through a life of trusting obedience. Discussing this together is an act of worship.*

*(Small group worship resources can be found at [bvc.so/sgworship](http://bvc.so/sgworship))*

- What are you thankful for this week?
- Where has God been at work in your life?
- When have you taken risks in faith and obedience this week?

*If you have a time of singing you can skip the above questions but please do ask this question each week:*

- How is 'Read and Listen' going? What has God been speaking to you about this week? (*Go around the group quickly don't spend a long time on it*)

### Word

*We want our thoughts and lives to be shaped by what God says in the Bible. If most of your group weren't there on a Sunday base the discussion on the main passage rather than the talk.*

- What from this week's talk/Bible passage stood out to you, and/or you found challenging? Why?
- Follow Jesus: What does this passage teach me about God?
- Live life to the full: What does this passage teach me about myself?
- Make a difference: What is God inviting you to do or change as a result of what we have discussed? (You can give everyone a minute or so in silence to write it down) Spend some time praying for one another.

### Witness

*We want to be investing in authentic relationships with those who don't know Jesus yet and inviting them to anything where they might meet other Christians and Jesus. Pick one of the below each week:*

- How would you share what you have learned with a non-church friend?
- What church events coming up would your friends appreciate an invitation to?