

Note: Please read all the chapters (chs.18-20) preceding ch.21 for better understanding.

Text: 1 Samuel 21 (context: David's wilderness years)

From the last week: 1. Metamorphosis is not a matter of trying harder or willpower or all-do-yourself religion (self-help) for the heart is deceitful thing above all things (Jeremiah 17:9) We have to **train** our hearts. 2. This means that we have God-dominated hearts (like David), not goliath-dominated mind (like Eliab and Saul) 3. Such hearts are prayer-full – kneeling at the brook (v.40). God transforms our hearts often through WILDERNESS YEARS (experiences). That's our topic today.

Read 1 Samuel 18-20 and then read Ch.21

What we do in our wilderness years change/transform our character and hearts. David prayed.

1. When do you or people pray? (out of habit? Out of desperation?) Or what do you and people usually pray about? Or, what is your initial response to such a topic?
2. Prayer does NOT flow automatically out of us. (even disciples had to ask) What then do we need?
3. Read Psalm 34 (read the title) and think/discuss about the way David prayed. What elements do you notice in his prayer?
4. Describe times in your life (or someone you know) when sin has affected your relationship with another person or with God. In the text(s), how was David's relationship with others? With God? (Sin damages relationships, right? Our spiritual sin complicates things. Has your sin (or even bad behavior) affected someone else? How? Share) Read Psalm 52 (another Psalm that David wrote out of the incident) Meditate and reflect.
5. What stops you from praying or being reflective?
6. What do those psalms reveal about the effectiveness of prayer?
7. How honest are you in your prayer? David?
8. Now, think of the subject of confession. How does God respond to those who confess their sins to him? (Isaiah 43:25; Joel 2:12-13; 1 John 1:7-9) What are the benefits of confession? (psalm 32:102; 2 Cor 7:10) Do you see the same elements in David's psalms?
9. What is it about confession, repentance, and forgiveness that enables us to live in the years of wilderness?
10. Based on this session, in what ways has your view of prayer changed? What was helpful regarding your prayer life? Which obstacles to prayer do you think you could overcome?
11. What kind of God do you see in the text? (1 Samuel 21) and how does that make you feel?
12. How is David a type of Christ in this text?
13. What time of day is the best for you're to set aside for prayer? Where is the best place for you to pray at that time?