



David

A man after God's own heart



Mission Arlington / Mission Metroplex Summer Curriculum

Religious Organization · Mission · Social Services

Let my words and my thoughts be pleasing to You, Lord,
because You are my Mighty Rock and my Protector.
Psalm 19:14

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Introduction to heart look

In this age of social media that we live in, our relationships can become distorted . . . including our relationship with God. That is why this summer we parody a well known social media site to get to the heart of the matter.

When we make time to connect with others, are we also connecting with God? As we seek to be surrounded by a multitude of friends, do we remember that in God we have a friend who sticks closer than a brother? Maybe we have even become very accustomed to wearing a mask as we relate to others, not realizing that God sees the condition of our heart. Join us on a journey to the depths of your own heart as we seek to be pleasing to God with our words and our thoughts.

David Runs for His Life

1 Samuel 21:10-22:22:5, 1 Samuel 27 1 Chronicles 12:1-7, 16

Memory verse: "I trust in your faithful love. My heart is filled with joy because you will save me." (Psalm 13:5 NIV)



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Lesson 3 - Review

Do you remember what God provided for David when King Saul wouldn't let him return home? God sent David a loyal friend, Jonathan. How did Jonathan help David? (He helped him escape). Why did David need to escape? (King Saul was trying to kill David.) What do you think it was like for David to constantly run from King Saul? What do you think David might have been feeling?



Lesson 4

After David said his goodbyes and pledged his loyalty to his friend Jonathan, he ran to the king of Gath. Gath is where the giant Goliath had lived. We know David was running from King Saul. We also know that Saul looked for David every day. (1 Samuel 23:14) What could be safer than a place where Saul wouldn't go? The king of Gath and the Philistines had heard about David's fame, "Saul has killed thousands of men. David has killed tens of thousands." (1 Samuel 18:7 NIV) David began to be afraid and so pretended to be crazy. In his fear, David sang to God, "When I'm afraid, I will trust in you. I trust in God. I praise His word. I trust in God. I will not be afraid. What can people do to me?" (Psalm 56:3-4 NIV) The Philistines quickly let him leave and David sang God's praises, "I looked to the Lord and He answered me. He saved me from everything I was afraid of. . . Blessed is the man who goes to Him for safety. . . Godly people cry out, and the Lord hears them. He saves them from all their troubles." (Psalm 34:4, 8, 17 NIV)

"David left Gath and escaped to the cave of Adullam." (1 Samuel 22:1a NIV) Adullam was just south of the Valley of Elah where David had fought and killed Goliath. But this time David felt alone and he sang out to God, "I have no place of safety. No one cares whether I live or die. . . Lord, I cry out to you. I say, 'You are my place of safety. You are everything I need in this life.'" (Psalm 142:4b, 5 NIV)

Then, David's brothers and other members of his family found out where he was and joined him there. Some of the other Israelites went, too. He welcomed them and made them leaders in his army. And soon those who were troubled came to him, too. "He became their leader. About 400 men were with him." (1 Samuel 22:2b NIV) David sang out to God again, "Lord, guard my mouth. Keep watch over the door of my lips. Don't let my heart be drawn to what is evil." (Psalm 141:3-4a NIV)

David fled from one place to another and as he did he recorded his fears and prayers in the form of songs. And even as he ran for his life he could sing to God, "You always do what is right. My tongue will

speak it and praise you all day long." (Psalm 35:28 NIV) David could say this because of his great faith in God. David could say this because he had a heart like God's.

Then "David thought, 'One of these days, Saul is going to kill me. The only way to escape from him is to go to Philistia. Then I'll be outside of Israel, and Saul will give up trying to catch me.'" (1 Samuel 27:1 CEV) So David moved back to Gath, this time with six hundred men. Each of the men settled down in the city of Gath with his family and when Saul heard that David had run away to Gath he didn't look for him anymore.



Memory Verse Activities:

"I trust in your faithful love. My heart is filled with joy because you will save me." (Psalm 13:5 NIV)

- ® Write each word of the memory verse on a paper in the shape of a foot. Practice the verse and talk about David running for his life.
- ® Make small posters in the shape of street signs. Print "Trust God" on each poster. Talk about how David trusted God.
- ® Make paper hearts. Fill the heart with the word "JOY." This can be done with paint, construction paper (torn or cut), markers, etc. Mount the heart onto construction paper and be sure to include the memory verse and reference.



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Games and Activities:

- ® Make your own musical instruments. Try putting some of the psalms to music!
- ® Make a floor sized map of David's world. Trace his flight by walking from place to place.
- ® Play Hide and Seek. Talk about David hiding from King Saul.
- ® Create a "cave" with cardboard boxes or blankets. Talk about David's place of safety at the Cave of Adullam. Where is your safe place?



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Songs:

- ® "Cave of Adullam" by Sara Groves
- ® "Trust and Obey"
- ® "I Will"
- ® "Where Do I Go"
- ® "Have Faith in God"
- ® "It is Well With My Soul"



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Food for Thought:

- ® **Review:** What does it mean to "have a heart like God's"? "Seems to me, it means that you are a person whose life is in harmony with the Lord. What is important to Him is important to you." (Charles Swindoll, *David* p. 6)
- ® Charles Swindoll talks about this time in David's life. He talks about David having 'crutches' removed from his life. He lost his position (he was an officer in Saul's army), wife (1 Samuel 19:17), wise counselor (1 Samuel 19:18-20:1), friend (1 Samuel 20:42) and self-respect (1 Samuel 21:12-13). Maybe you have had 'crutches' removed from your life that you lean upon. "Now you have a choice. You can look around for some other something or someone to lean on—or you can lean on God, and God ALONE." (Charles Swindoll, *David* p. 62-69)
- ® The Cave of Adullam "was the lowest moment of David's life to date, and if you want to know how he really felt, just read the song he composed about it, Psalm 142. He had no security, he had no food, he had no one to talk to, he had no promise to cling to, and he had no hope that anything would ever change. He was alone in a dark cave, away from everything and everybody he loved. Everybody except God." (Charles Swindoll, *David* p. 71-72)
- ® Read through some of the Psalms David wrote during this time of his life. (Psalms 34, 35, 56, 64, and 141)