



Northland Christian Church Group Discussion Guide For the Week of July 4, 2021

Use the questions below as a springboard for discussion. You do not have to answer every question. These are intended to help spark discussion. Refer to as needed. Ultimately we want God's answers, not man's opinions. Always land where God lands. (ex: Where do we see that in the Bible?) Give grace. Give time for growth. Don't force it.

Connect

- Are you a fan of natural sunlight, ceiling lights, or table lamps? Why?
- What is the darkest place you have ever been in? What was that like? When you re-entered the light again?

Engage the Bible - Read [1 Sam 20:1-3, 1 Samuel 21-22:18](#).

The Context - Real Darkness

Today, we are going to talk about the events that led David to this cave that were pretty dark. When we talk about his life it's easy to talk about the man after God's own heart, the giant slayer, the kid who was a talented musician, the rags to riches story, the small town kid who becomes a big time hero - A gifted kid that seemingly gets it all - the best opportunities, the girl, the best friends, the recognition, and the positions of power and influence. Yet, before he experiences some of that, he experiences a deadly and fearful time of darkness and struggle. What's worse: **David is put into a circumstance that wasn't his doing.** David found himself in this very situation in this section of 1 Samuel. Real Darkness and struggle had entered into his world. And just like we would do, he began to ask: **How did I get here?**

Oftentimes the darkness in our lives begins similarly: Something was done to you. Something happened to you. The good news: God is an overcoming and loving God. He's always there and always working and always loving us. Sometimes even through the darkness and the journey. As Dave shared: **God uses the journey through the darkness to bring you to the light.** God may not have caused the pain but he will not waste it. And there is more to your story than you know. And while we say that - we know the journey is not easy. David would say the same thing.

When the heat gets turned up, when you get scared, when you feel the pressure of life people will typically respond in one of three ways: **FIGHT; FLIGHT; or FREEZE.** David's choice in this instance: flight. He runs. He hides. He lies. He fakes. He negatively influences. He makes a mess. Why? He chooses to self-protect, survive, and try to control the situation. He made decisions in the dark that cost him and others dearly. Remember: **The resolutions made in the darkness could be the very decisions keeping you in the dark.**

Yet, again, God is faithful, loving, and always provides. He keeps working in David's life. He keeps providing.

He does the same for us. **Sometimes God allows us to run, so we can remember.** Thankfully, **David Remembers to Pray to the God he trusts.** (See [Psalm 142](#)) When he slows down enough in the cave, he prays and we find out that he was driven to things that would bring healing and help then - and later on in his walk with God. **David hurt enough to admit his need. David was humble enough to learn from God.** Great lessons for our times in the darkness. No matter the darkness, struggle, confusion, chaos, bad choices, circumstances, or pain - Jesus calls us to come to Him. Read [Matthew 11:28-29](#). God is not too busy to hear your cry. Jesus understands the pain. He does not minimize the pain or run from it. See [Hebrews 2:17-18](#)

Discuss & Apply

1. Do you typically respond to struggles with fight, flight, or freeze? Why? What have been the results of this in a recent situation?
2. David chose flight and self-protection: What were some of the results of this choice?
3. Read [Matthew 11:28-29 and Hebrews 2:17-18](#) as a group. How have you experienced these truths? What does this tell us about how God views our struggles & dark moments? What can we practically do with these truths?
4. What has God done through dark times in your life? What have you learned about God? About life? About faith? About community?
5. Why can it be so difficult to admit when we need help? Why is it so easy to put on masks or facades? How might this deny the character of God & the work of Jesus for us?
6. Are there any areas of darkness that you are walking through? How can we help?

End your group time in prayer.