1 Samuel

Lesson 56 (1 Samuel 24:8-22): I am not your enemy

Read Psalm 57:1-11. David wrote this just after this episode with Saul in the cave. Who does David cry out to?

What does David trust God to fulfill?

According to verse 4, does David realize the danger he is in?

What is his response in verse 5 to this danger?

Even though his enemies tried to trap him, where is David's heart?

What does David tell us he will continue to do, even in the midst of this danger?

Heart check time: what about you? As you face danger, trials or suffering, do you acknowledge the danger, and then give thanks to God for it? Or do you plead with Him to remove the danger immediately?

How does David conclude this Psalm in verse 11?

What does that tell you about his focus?

Read James 3:3-12. How important is what comes out of our mouths?

List at least 3 of the "dangers" of having an uncontrolled tongue here in this passage.

The overflow of our hearts shows in what we say and do. Read verses 9-10. Now read them again. (I'm serious.) Stop and think about that. Do you bless your Father…while snapping at your children for being too loud?

Do you praise the Lord…while cutting off that hurting sister or brother mid-sentence as they share their need?

What do *your* words show about the overflow of *your* heart?

Are you pouring forth fresh water, or salt?

Remember, the pouring forth is just a reflection of what is truly on the inside.

As you spend time with God today, think back on the ways you used your tongue in the last 24 hours. How many times do you think you encouraged someone with words?

How many times do you think you tore someone down?

How many times did you use your words to complain about something?

How many times did you use your words to praise God and give Him the glory?

Consider, today, what the overall pattern of the words you use looks like. Then ask God to show you what the heart issue is at the core of those words. Ask God to help you make your tongue an instrument of rejoicing, instead of a deadly poison.