

# AFTER GOD'S HEART

A STUDY IN THE LIFE OF DAVID

## After God's Heart Part 5—Life on the Run

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### USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures references in the sermon and some discussion questions for you to use to discuss the weekend message.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together. Give priority to the needs and pace of your group members.

While the questions are important, remember your group's goal is to create an atmosphere that will foster true friendships. Use the discussion questions as you see fit but emphasize the relationships.

***No time is wasted—God is working on your character in the wilderness years.***

**life on the run:** when your life circumstances are beyond your control and there is an enemy that is trying to take you out

**[Acts 13:22]**

God testified concerning him: "I have found David son of Jesse, **a man after my own heart**; he will do everything I want him to do."

***"David, Son of Jesse, a man who always pursues my heart"***(TPT)

**[1 Samuel 19:11-18]**

Then Saul sent troops to watch David's house. They were told to kill David when he came out the next morning. But Michal, David's

wife, warned him, “If you don’t escape tonight, you will be dead by morning.” So she helped him climb out through a window, and he fled and escaped. Then she took an idol and put it in his bed, covered it with blankets, and put a cushion of goat’s hair at its head.

### **[1 Samuel 19:11-18]**

<sup>14</sup> When the troops came to arrest David, she told them he was sick and couldn’t get out of bed.

<sup>15</sup> But Saul sent the troops back to get David. He ordered, “Bring him to me in his bed so I can kill him!” <sup>16</sup> But when they came to carry David out, they discovered that it was only an idol in the bed with a cushion of goat’s hair at its head.

<sup>17</sup> “Why have you betrayed me like this and let my enemy escape?” Saul demanded of Michal.

“I had to,” she replied. “He threatened to kill me if I didn’t help him.”

<sup>18</sup> So **David escaped and went to Ramah to see Samuel**, and he told him all that Saul had done to him. Then Samuel took David with him to live at Naioth

### **When You’re on the Run:**

#### **1. Run to the prophetic Word of God (the ‘God Encounter’).**

***There’s something about the Word of the Lord that carries us and sets direction for our lives. Let your foundation be infused by the prophetic word.***

### **[1 Timothy 1:18]**

“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.**

### **[1 Samuel 20:1-2,16]**

Then David fled from Natioth at Ramah and went to Jonathan and asked, “What have I done? What is my crime? How have I wronged your father, that he is trying to kill me?”

“Never!” Jonathan replied. “You are not going to die! .... Whatever you want me to do, I’ll do for you.”

So Jonathan made a covenant with David, saying, “May the LORD destroy all your enemies!” And Jonathan made David reaffirm his vow of friendship again, for Jonathan loved David as he loved himself.

***When you’re on the run, don’t rehearse the words of the enemy.  
Declare the word of God for your life!***

### **2. Run to your covenant relationships (community).**

***One of the main attacks of the enemy to pull you out is isolation.***

### **3. Run to the “stronghold” (His Church).**

### **[1 Samuel 22:1-2,4]**

So David left Gath and escaped to the cave of Adullam. Soon his brothers and all his other relatives joined him there. <sup>2</sup> Then others

began coming—men who were in trouble or in debt or who were just discontented—until David was the captain of about 400 men... and they stayed with him as long as David was in the stronghold.

***When the Church bands together, there is strength and safety. It is not a gathering of “strong” people; it’s a coming together of “weak” people who in their brokenness become mighty warriors for God.***

***In the stronghold, God is preparing you for where you’re going in your future.***

**[Psalm 27:1-6, NLT]**

<sup>1</sup>The Lord is my light and my salvation—  
so why should I be afraid?

The Lord is my fortress, protecting me from danger,  
so why should I tremble?

<sup>2</sup>When evil people come to devour me,  
when my enemies and foes attack me,  
they will stumble and fall.

<sup>3</sup>Though a mighty army surrounds me,  
my heart will not be afraid.

Even if I am attacked,  
I will remain confident.

<sup>4</sup>The one thing I ask of the Lord—  
the thing I seek most—

is to live in the house of the Lord all the days of my life,  
delighting in the Lord’s perfections  
and meditating in his Temple.

<sup>5</sup>For he will conceal me there when troubles come;  
he will hide me in his sanctuary.

He will place me out of reach on a high rock.

<sup>6</sup>Then I will hold my head high

above my enemies who surround me.  
At his sanctuary I will offer sacrifices with shouts of joy,  
singing and praising the Lord with music.

**4. Be sure you are running toward something, not just running away.**

***It's okay to be "on the run," as long as you're running toward Him. You can get through any season of life, as long as you know what you're running toward.***

**[Philippians 3:13-14, TPT]**

I don't depend on my own strength to accomplish this; however I do have one compelling focus: I forget all of the past as I fasten my heart to the future instead. <sup>14</sup>I run straight for the divine invitation of reaching the heavenly goal and gaining the victory-prize through Christ Jesus.

**FOR MONDAY—**

1. If you have any prophetic words recorded, pull them out and pray over them once again. Come to Pursuit Night, pray, and ask God to speak personally to you. Remind yourself of the Word of God that was spoken over you, and prophesy your destiny.
2. Select one or two relationships to invest in at a covenantal level and take a step in transparency.

**TALK IT THROUGH**

1. What have you seen happen to people in the gap between promise and fulfillment? What roles do perspective and personal choice make in the matter?

2. What has caused your life, or that of someone close to you, to go to a place of instability? Who did you (or they) turn to for help? Why do people run in the Wilderness?
3. What has God said about your future (your life, your children, your grandchildren, etc.)? Why is there sustaining strength in the Word of God (both written and prophetic)?
4. How do we form covenantal relationships? Who is the 'Jonathan' in your life? Who has God knit you together with? Why is covenantal community crucial?
5. Where can you make a 'joyful noise' and truly pour out your heart before God? What do you practically need to do to make sure you can regularly return to that place?
6. Do you have a song in your heart, when you're in the cave or on the run? What does it remind your soul?
7. What is an "ebenezer" (rock of remembrance or monument) that reminds you that God has come through and you're living in victory?
8. What is the 'stronghold'? Why is it important to run to it, and what are reasons, that it's a vehicle for healing and victory?