



**Life Groups In Central Telford Parish**  
**Summer 2016 “Live Like You Mean It”**  
Week beginning 25<sup>th</sup> September 2016  
**Live In Balance With The Rhythm Of Life**

This week we will be looking at the changes in David’s life. It is his first time setting foot into the palace. Let us observe how we can learn from this passage

- **Welcome**

Imagine and share how does your daily life looks like. Is there a pattern on how you do things?

- **Worship**

- Every Move I Make – Hillsongs
- I Will Follow – Chris Tomlin
- As The Deer

- **Word**

*Read 1 Samuel 16: 14-23.*

Looking at today’s Scripture, we could see the life of David starting to take a turn. We could see that the Spirit of the Lord has departed from Saul and he was tormented by evil spirits. And this is when David set foot into the palace.

1 Samuel 16:14 says “Now the Spirit of the LORD had departed from Saul, and an evil spirit from the LORD tormented him.”

- Why would God send evil spirits when he is a good God?
- Does it mean that God is evil?
- Can God send evil spirits to torment us?

Verse 14 is not implying that God purposely sent evil spirits to Saul. If you were looking at previous chapters, we could tell King Saul has actually decided to go against God and his pride for himself has ruined him. In actual fact, it wasn’t God that sent the spirits, but He did not prevent this event from happening. He put away His protection and allowed Satan to torment Saul. Satan cannot do anything to anyone without God’s permission just like in *Job 1:12; 2:6*. So when the Spirit of the Lord left Saul, Satan has that freedom to attack him.

To Saul’s servants, this “evil spirit” is not new or unusual. They have seen this before, and they recognize it in his life and know what the best treatment for his condition is. Saul’s servants believe that soothing music will have a beneficial effect on Saul, and they recommend that Saul find a man skilled at playing the harp so that when the spirit overtakes

him, the musician can play soothing music and calm his troubled spirit. Saul approves of this idea. He, above all, is terrified by the spirit's oppression in his life.

When Samuel anoints David, we could see the Spirit of the Lord came powerfully upon David. We could even see how the Lord boost David's talents as a musician. The Lord even made David's talents apparent to King Saul and his servant. In verse 18, it states that one of the servants answered, "I have seen a son of Jesse of Bethlehem who knows how to play the lyre. He is a brave man and a warrior. He speaks well and is a fine-looking man. And the Lord is with him." No one at this stage knows that David will be the next king of Israel. It is just amazing how God is introducing a new king to the nation. The Lord even make King Saul notice his qualities and even grew to like David.

- How does music help in healing Saul?
- Can God only relief Saul through music?
- How does God use music play in your life?

Verse 23 did suggest that music has healing properties, at least when it is played by someone that is filled with the Spirit of the Lord.

- **Walk**

By looking at Saul and David, there is a significant difference when the Spirit of the Lord is present in their lives. When the author of 1 Samuel turns his attention from Saul to David, he calls us to consider a man who is a prototype of our Lord Jesus Christ. Unfortunately, Saul is remarkably like Satan. Saul is given authority to rule under God, but instead, his rules and rule become more important to him than God's rules and rule. And so he is set aside. David is the one designated to take his place, to rule righteously over the people of God. He lives in balance with the rhythm of life, walking side by side with the Lord. You can choose to be like David, by submitting to God.

- How much time are you investing your time in God?
- Do you have room for God? What is your priority?
- Though the LORD had David anointed as His choice for king, David did not actually rule as king until many years later. How did David spend his time? Share a time in your life when you felt God had you in a "holding pattern". How did you handle it? Discuss the concept of "being faithful in the little things."

Pray for each other in the life groups.

- **Next Time....**

Week beginning 2<sup>nd</sup> October 2016:

**1 Samuel 17:17-23, 26-28: Feed Your Soul**

We will look at food for our soul!

