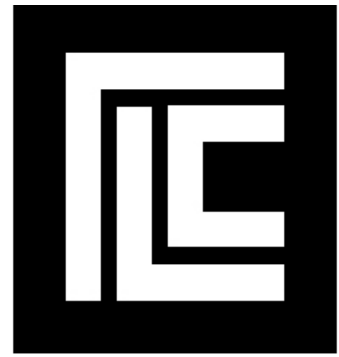


## Victories & Valleys: A study in the life of David

February 4, 2024

1 Samuel 18:1-9



*On Sunday we continued our new series Victories & Valleys: a study in the life of David. The story of Saul and his envy is an odd one. For three chapters there is no mention of God. The evil spirit of Saul and his envy for David infects and destroys Saul and everything around him. For David, what God wanted and God's timing was more important than any position.*

### Getting Started

Have you ever wanted something that others seemed to be getting but you weren't? What came to mind as you listened to Sunday's message.

### Read

1 Samuel 18:1-9

### Digging Deeper

- From the text above, and the several other texts read on Sunday, there is no mention of God. What stands out to you from that set of texts? Is there anything new you observed from them?
- David wanted God more than he wanted to be King. He would wait. Saul wanted to be king more than he wanted God. He wouldn't wait. Has there ever been something that, if you were honest, you wanted more than God. How did it turn out?
- You either allow God to do the work of destroying envy in you or envy will do the work of destroying everything through you. On Sunday Toran shared five things to help destroy envy (listed below). Which of these five feels most needed in your life?
- From this moment in the life of David, a "math" equation becomes clear. David said as much in Psalm 23:1, "The Lord is my shepherd; I lack nothing." How did God use this (and anything else from Sunday's message) to speak to you?  
God + Nothing = Everything  
Everything - God = Nothing

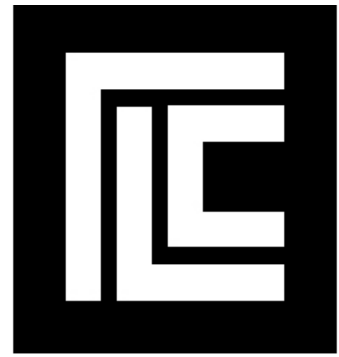


THE LOCAL CHURCH

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February 4, 2024

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Dr. Juliana Brienes shares 5 things that are helpful:

- 1) **Acknowledge envy:** Admitting that we are experiencing envy can be very threatening, because it means acknowledging our own weakness and insecurity.
- 2) **Recognize that pride is just the flip side of the envy coin:** It is tempting—but generally unhelpful—to try to counteract envy with pride. “Sure, he has a nice car, but I’m better looking” is not going to get you very far.
- 3) **Replace envy with compassion:** Although envy seems almost like a compliment, it can be quite dehumanizing. It reduces the object of envy to something very narrow and masks the full picture of who they are and what their life is like.
- 4) **Let envy fuel self-improvement—when appropriate:** When our envy is rooted in things we cannot change about ourselves, such as a difficult childhood, a traumatic event, or certain health conditions and disabilities, using envy to motivate self-improvement is more likely to dig us deeper into frustration and self-blame. But sometimes envy alerts us to things that we want in life that are potentially attainable, if we’re willing to make certain changes.
- 5) **Don’t forget to count your own blessings:** As the saying goes, envy is counting the other fellow’s blessings instead of your own. The bottom line: Envy drains our happiness and saps our energy. It’s appreciation that reveals abundance in places where we might have failed to look.



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