



15 September 2024 | Lessons from King David on building a fortress

"Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident. One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple."

Psalms 27:3-4 NIV

Making a start:

What is your go to thing when you feel overwhelmed? Do you go for a jog, listen to music, or do something completely different? Share among each other in the group.

Keeping it real:

The world we live in has many distractions, and a lot of things can demand our attention and cause us to feel overwhelmed. In this life we are faced with many challenges, disappointments and traumatic events that can completely derail us or leave us in despair.

David is known as a man after God's own heart, but like us, he faced challenges, struggles, and the realities of life. He experienced trauma, disappointment, and relational conflicts, even enduring betrayal from those close to him, such as his son Absalom and his trusted advisor Ahithophel. However, an important lesson we can learn from David is how he responded to these challenges—from a place of deep relationship with God. For David, his relationship with God was everything (1 Samuel 13:14; 30:6; Psalm 51).

David built many fortresses, but the most important one was the inner fortress he built within himself. In Psalm 27:3-4, we see that David sought only one thing: to dwell in the house of the Lord, to seek His face, and to gaze upon His beauty. From David, we can learn

the importance of seeking God's face and finding our strength in Him when facing the challenges of life.

Living it out:

- Read Psalm 27:3-4. John 10:27. Mark 1:35. John 14:23.
- What is the one thing David talks about in this scripture? Share in the group.
- What does it mean to dwell in God's home?
- What does it mean to gaze on the beauty of the Lord? Where is your gaze? Discuss in the group.
- What do you think David meant by, seeking the Lord? Discuss in your group.
- Discuss in your group the different ways of seeking the Lord.

Prayer:

- Prayer for each other to intentionally seek the Lord this week.
- Pray for each other to build an inner fortress like David.
- Pray for each other that when faced with difficult challenges especially in our front lines that we will draw from the lesson of David and respond from a place of relationship with God.