

Lessons from the Heart



Learning from David



When Saul saw that he was prospering greatly, he dreaded him.”

1 Samuel 18:15



Six times in four chapters David has to escape King Saul and his men



he fled and escaped into
the night. 1 Samuel 19:10



So she helped him
climb out through a
window, and he fled
and escaped.

1 Samuel 19:12



**So David escaped and
went to Ramah to see
Samuel**

1 Samuel 19:18



**David now fled from
Naioth in Ramah and
found Jonathan.
1 Samuel 20:1**



So David escaped from Saul and went to King Achish of Gath.

1 Samuel 21:10



So David left Gath and
escaped to the cave of
Adullam.

1 Samuel 22:1

Jonathan spoke with his father about David, ...“He’s never done anything to harm you. He has always helped you in any way he could. 5 Have you forgotten about the time he risked his life to kill the Philistine giant and how the Lord brought a great victory to all Israel as a result? You were certainly happy about it then. Why should you murder an innocent man like David? There is no reason for it at all!”

1 Samuel 19:4

David continued to succeed in everything he did, for the Lord was with him. ...16 But all Israel and Judah loved David because he was so successful at leading his troops into battle. 1 Samuel 18:14,16

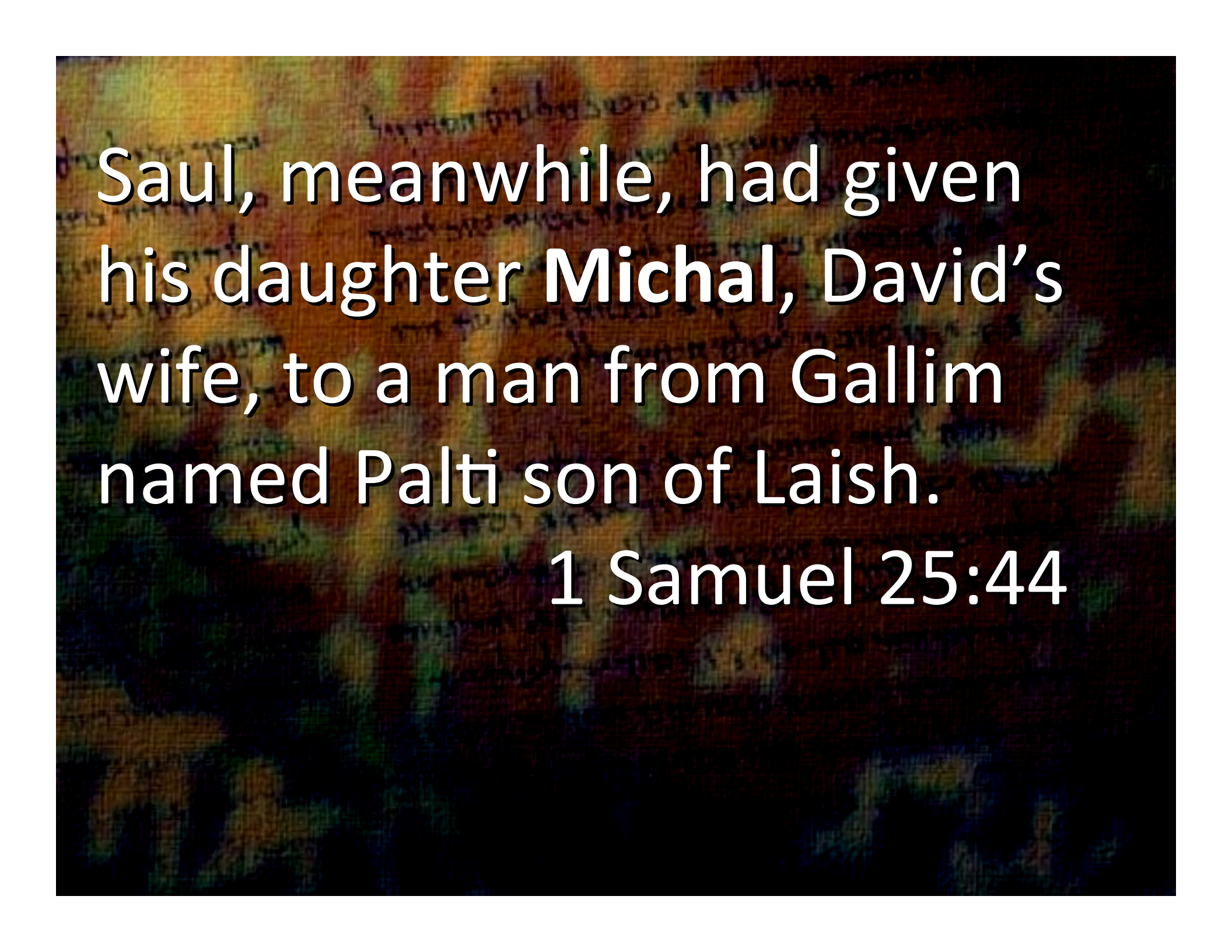


1. David lost his position of honor
Then Saul sent troops to watch David's
house. They were told to kill David
when he came out the next morning.

1 Samuel 19:11



2. David lost his wife



Saul, meanwhile, had given his daughter **Michal**, David's wife, to a man from Gallim named Palti son of Laish.

1 Samuel 25:44



3. David lost his
mentor.

Saul boiled with rage at Jonathan.

“You stupid son of a whore!” he swore at him. “Do you think I don’t know that you want him to be king in your place, shaming yourself and your mother? **31** As long as that son of Jesse is alive, you’ll never be king. Now go and get him so I can kill him!”

1 Samuel 21:30



4. David lost his
best friend



5. David lost his
ability to trust
others



6. David lost his
self-respect





“I look for someone to come
and help me, but no one gives
me a passing thought! No one
will help me; no one cares a bit
what happens to me.

Psalm142:4



I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me. 5 Then I pray to you, O Lord. I say, "You are my place of refuge. You are all I really want in life. Psalm 142:4b,5

A charcoal drawing of a hand, possibly a right hand, resting on a surface. The hand is rendered with detailed shading and texture, showing the fingers and palm. It is enclosed within a faint, hand-drawn rectangular border. The background is a textured, golden-brown color.

1. Resting in God's care

Have mercy on me, O God, have
mercy! I look to you for protection.
I will hide beneath the shadow of
your wings until the danger passes
by.

Psalm 57:1





2. Clearly speak my concerns to God



I pour out my complaints
before him and tell him all my
troubles. 3 When I am
overwhelmed, you alone
know the way I should turn.

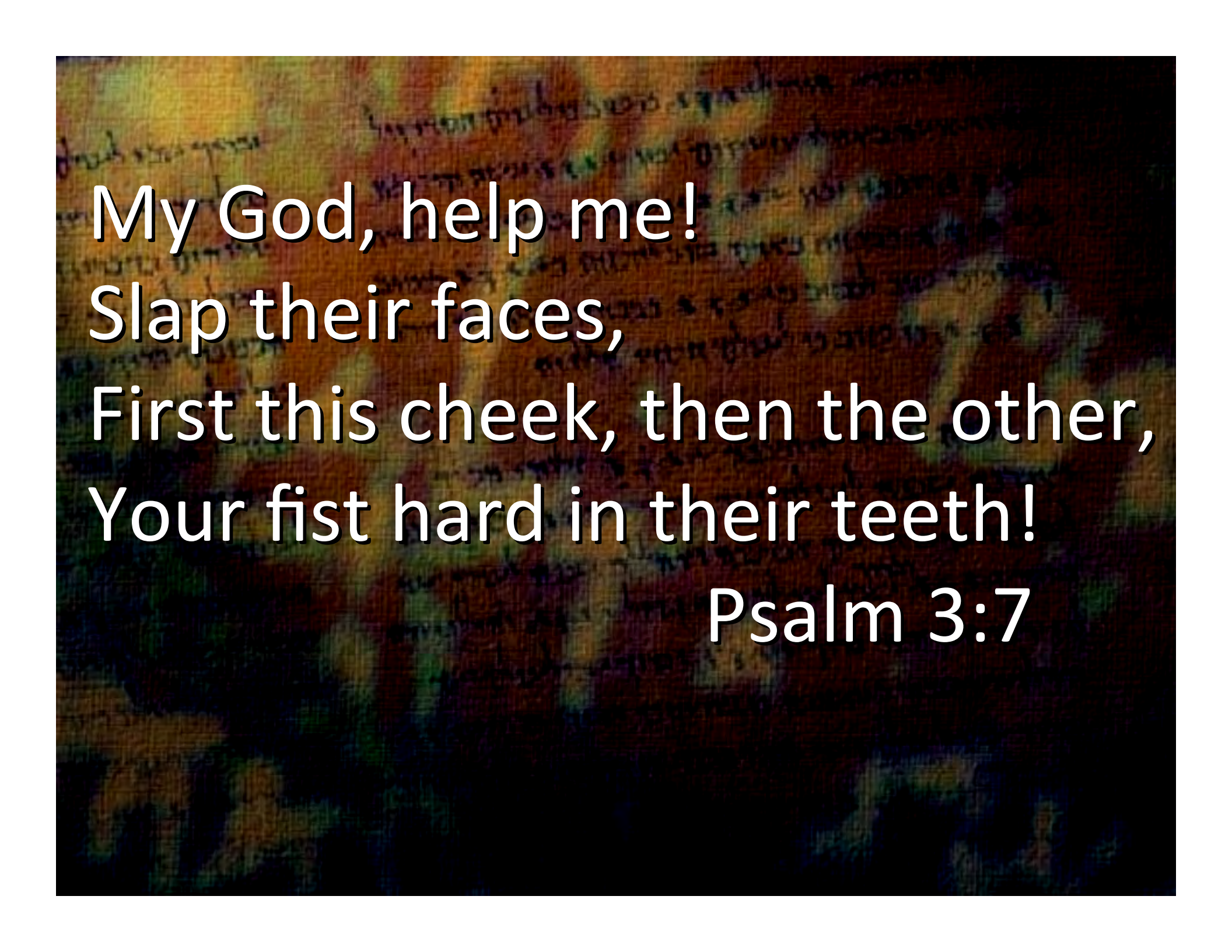
Psalm 142:2-3



Hear my cry,
for I am very low.

Psalm 142:6a



The background is a dark, textured surface with a grid pattern. It features faint, illegible Hebrew text in a light color, possibly gold or yellow, which is partially obscured by the white text overlay. The overall tone is somber and dramatic.

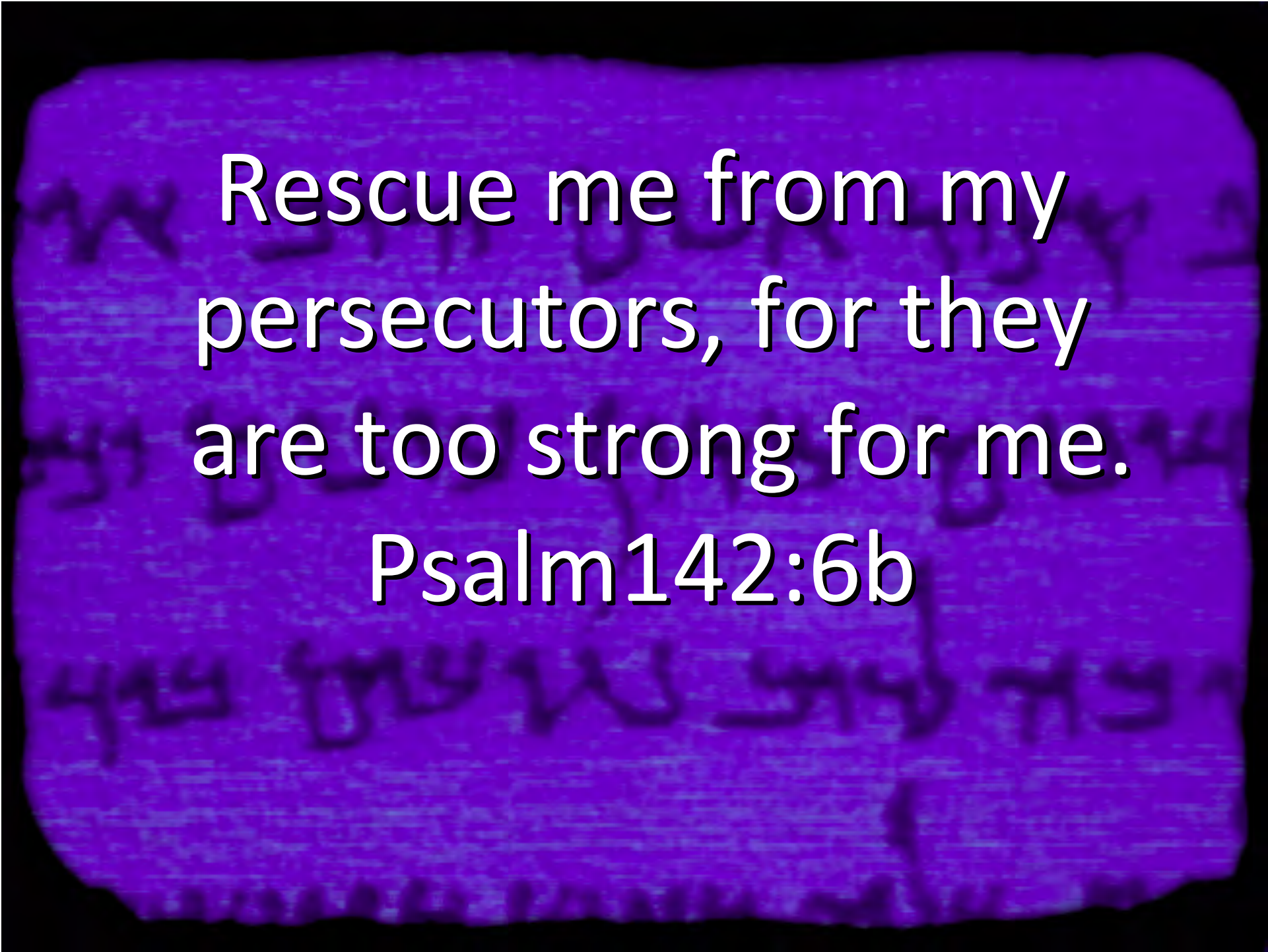
My God, help me!
Slap their faces,
First this cheek, then the other,
Your fist hard in their teeth!

Psalm 3:7



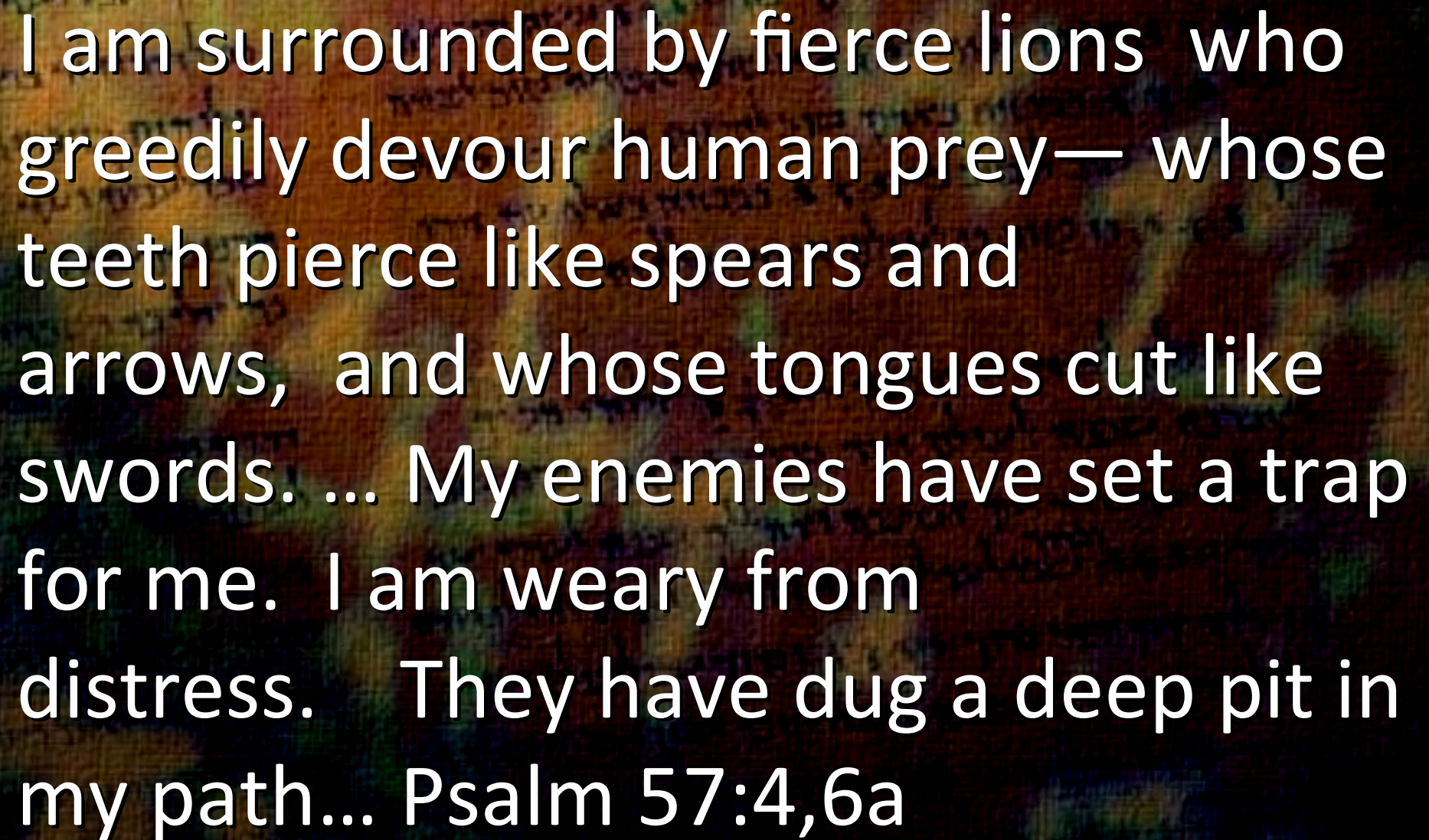
The image features a solid, textured orange background. In the bottom-left corner, there is a faint, dark charcoal or pencil sketch of a human face, showing the eye, nose, and mouth. The text is centered in the upper half of the image.

**3. Acknowledge my
helplessness.**

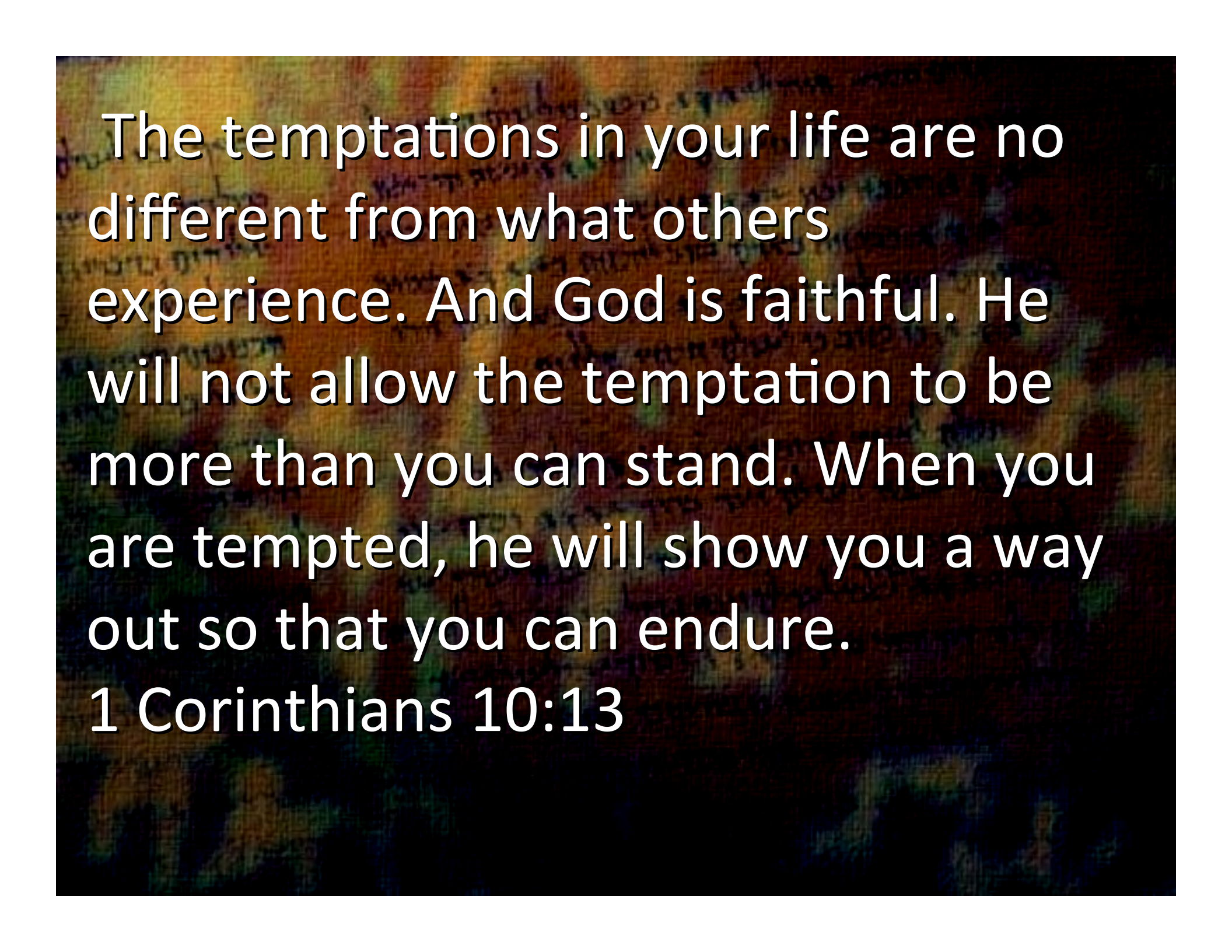


Rescue me from my
persecutors, for they
are too strong for me.

Psalm 142:6b



I am surrounded by fierce lions who greedily devour human prey— whose teeth pierce like spears and arrows, and whose tongues cut like swords. ... My enemies have set a trap for me. I am weary from distress. They have dug a deep pit in my path... Psalm 57:4,6a

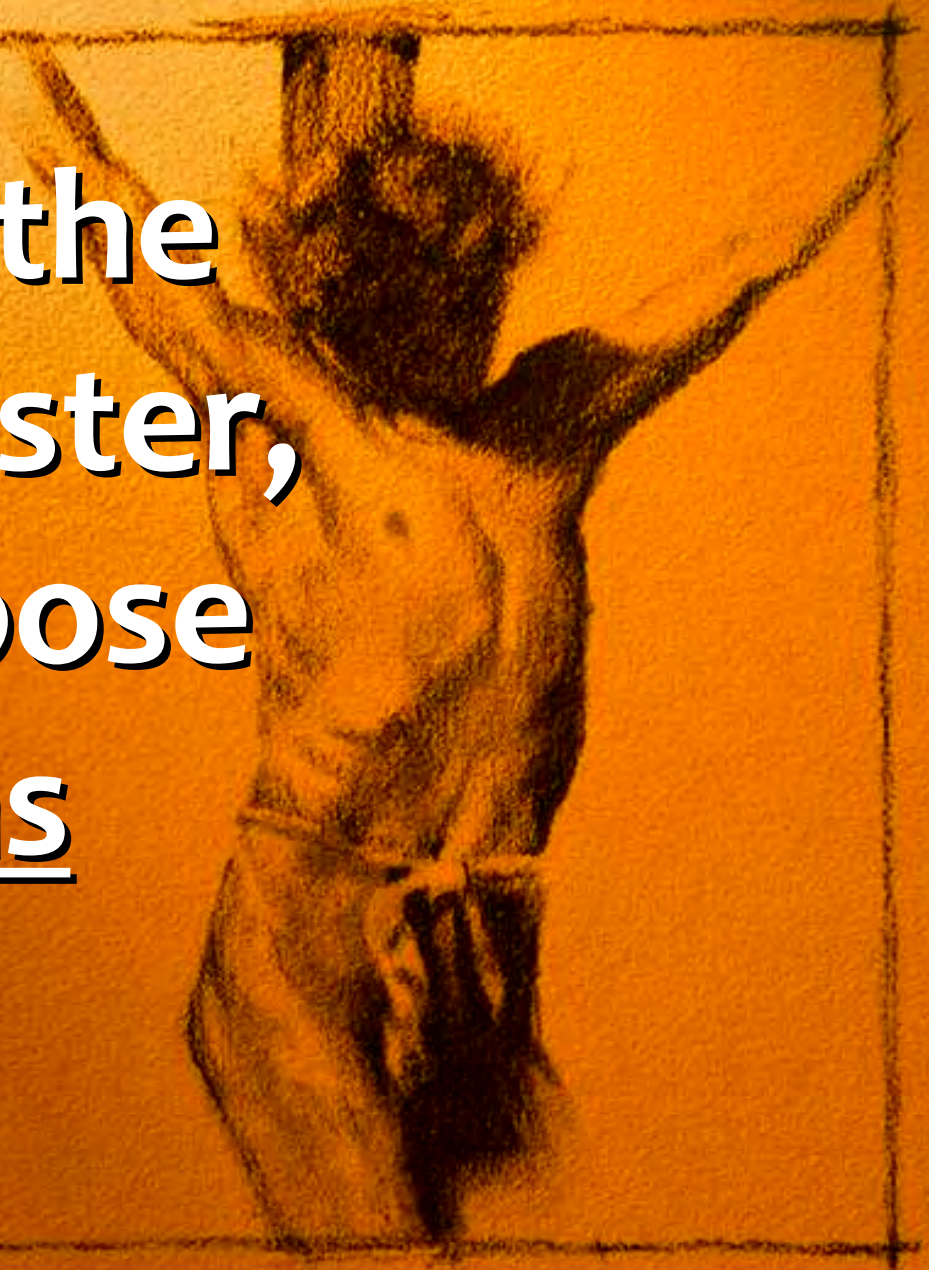


The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

1 Corinthians 10:13



**4. Even in the
face of disaster,
God's purpose
triumphs**



“I cry out to God Most High, to God, who fulfills His purpose for me... God sends His love and His faithfulness.”

Psalm 57:2,3b







Since he himself has gone through suffering and testing, he is able to help us when we are being tested.

Hebrews 2:18