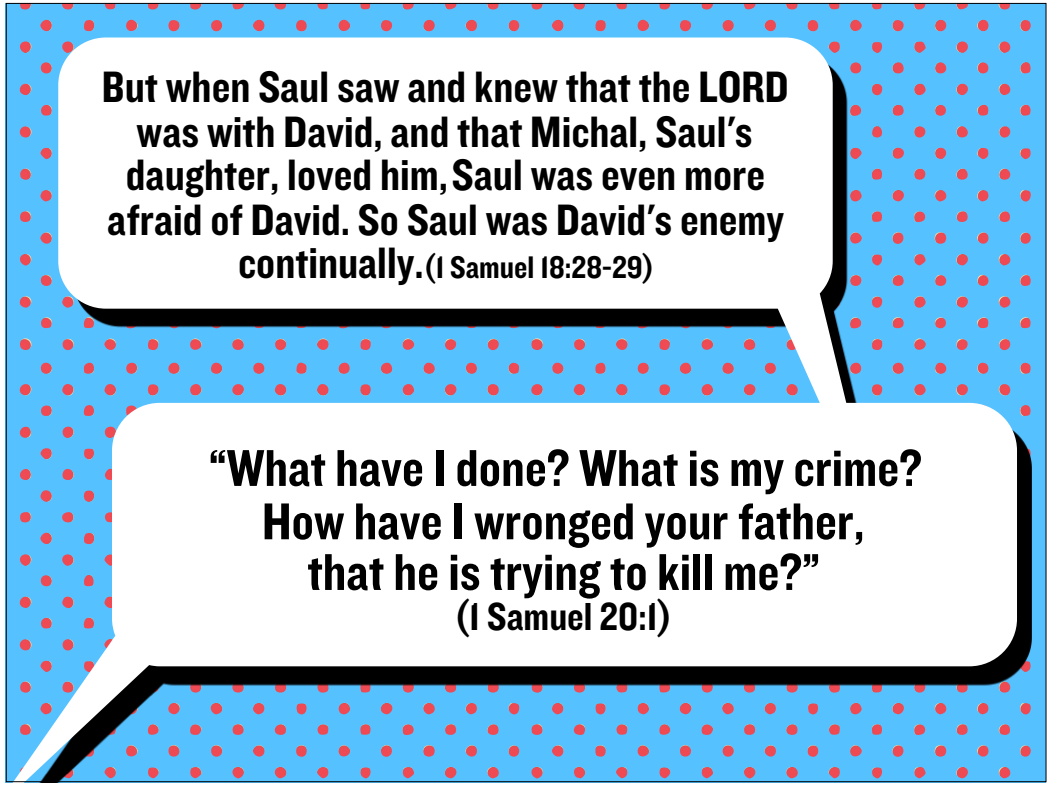

THINGS WE SAY


I'M SO TIRED
I'M SO STRESSED

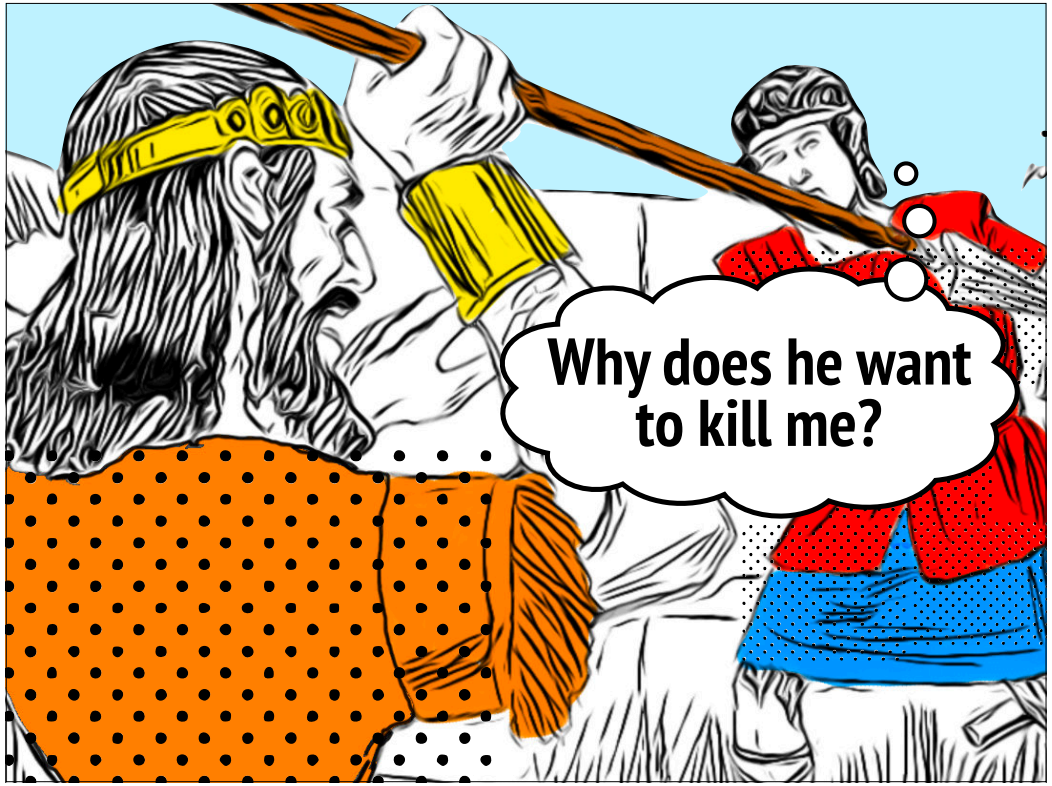

DAVID
before he was King



But when Saul saw and knew that the LORD was with David, and that Michal, Saul's daughter, loved him, Saul was even more afraid of David. So Saul was David's enemy continually.(1 Samuel 18:28-29)

"What have I done? What is my crime? How have I wronged your father, that he is trying to kill me?"
(1 Samuel 20:1)

>David got up from the south side of the stone and bowed down before Jonathan three times, with his face to the ground. Then they kissed each other and wept together—but David wept the most.



He’s been anointed as a kid — to be the next Kind of Israel. can you imagine trying to live up to that potential
But he keeps a level head on himself, and loves God — and soon finds himself working for the King.
But the King, King Saul is growing intensely jealous, and angry and frustrated and bitter at David — and starts thinking that David is going to over throw him , or is plotting against him.
In this scenario, Saul is getting more and more stressed, more and more agitated, more and more angry

>1 Samuel 18:28
>But when Saul saw and knew that the LORD was with David, and that Michal, Saul's daughter, loved him, 29 Saul was even more afraid of David. So Saul was David's enemy continually.

And it’s at this point that Saul actually starts to try and kill David.

>1 Samuel 20:1
>“What have I done? What is my crime? How have I wronged your father, that he is trying to kill me?”

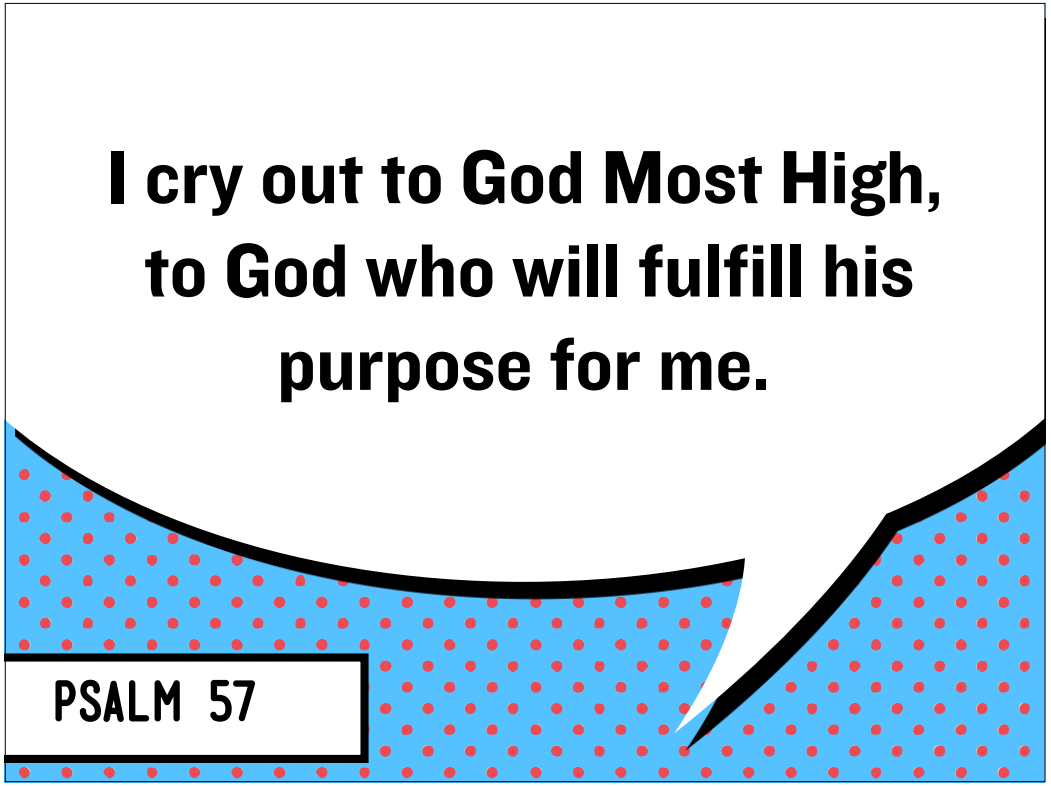

STRESSFUL
EXHAUSTING
FRUSTRATING
SITUATIONS



Now in the beginning, some of David's psalms around this time, were proclaiming God's victory, or asking God's deliverance over him .. but after living in the caves for a year, it starts to become exhausting.

1011-1012, was when that ordeal began, and continued until.

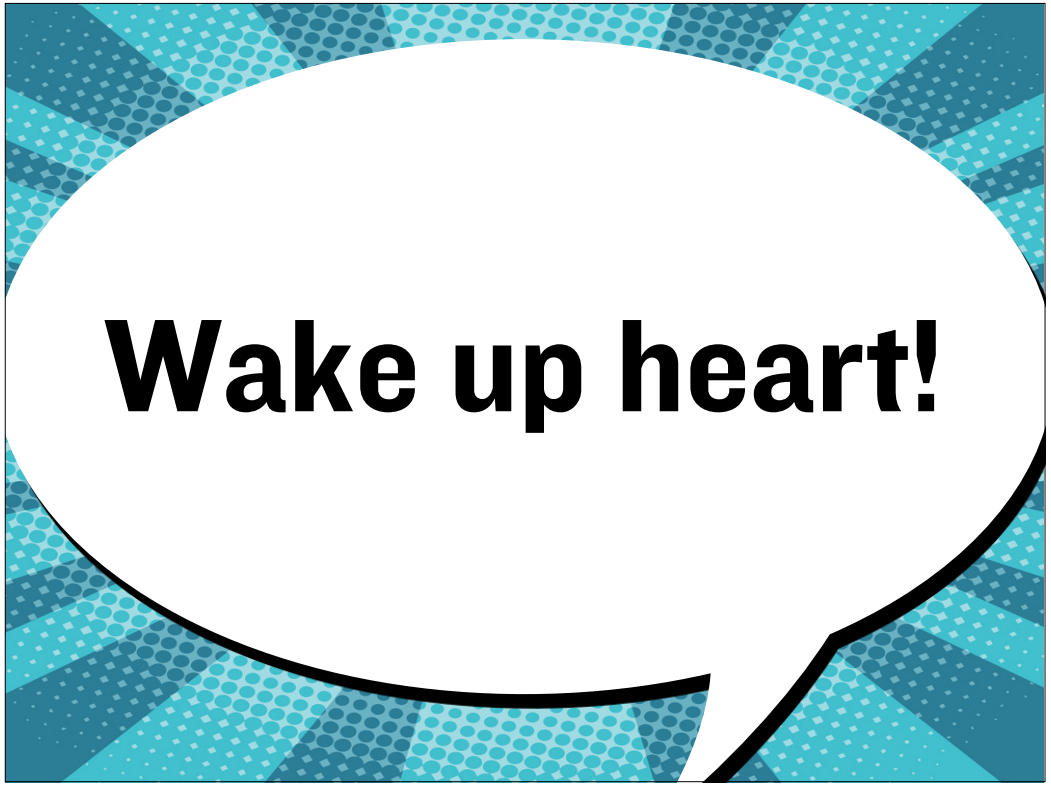
You might know what it feels like to be seemingly caught in an endless situation. Where you want to have hope that God is going to provide, and that someone things are going to change.
David is living in a cave.
He's got followers, but at any moment one of them could betray him. He's tired. He's doubting himself. He's doubting his promise. He knows people are being killed because of the situation. He is separated from his wife. It's all falling apart.



1 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.****
****2 I cry out to God Most High,****
**** to God who will fulfill his purpose for me.****
3 He will send help from heaven to rescue me,
disgracing those who hound me.
My God will send forth his unfailing love and faithfulness.
4 I am surrounded by fierce lions
who greedily devour human prey—
whose teeth pierce like spears and arrows,
and whose tongues cut like swords.
5 Be exalted, O God, above the highest heavens!
May your glory shine over all the earth.
6 My enemies have set a trap for me.
I am weary from distress.
They have dug a deep pit in my path,
but they themselves have fallen into it. Interlude



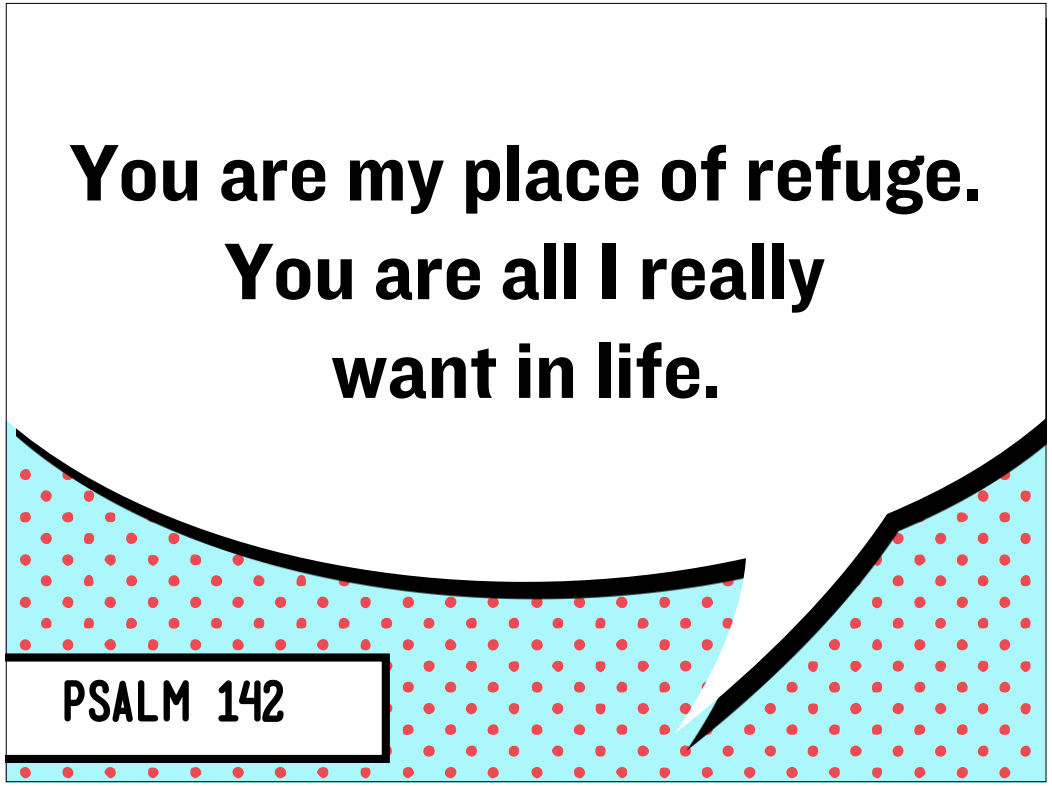
1 Have mercy on me, O God, have mercy!**
** I look to you for protection.**
I will hide beneath the shadow of your wings
** until the danger passes by.**
2 I cry out to God Most High,
** to God who will fulfill his purpose for me.**
3 He will send help from heaven to rescue me,
disgracing those who hound me.
My God will send forth his unfailing love and faithfulness.
4 I am surrounded by fierce lions
who greedily devour human prey—
whose teeth pierce like spears and arrows,
and whose tongues cut like swords.
5 Be exalted, O God, above the highest heavens!
May your glory shine over all the earth.
6 My enemies have set a trap for me.
I am weary from distress.
They have dug a deep pit in my path,
but they themselves have fallen into it. Interlude


Wake up heart!


I thank you,
God!



1 I cry out to the Lord;
I plead for the Lord's mercy.
2 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.
Wherever I go,
my enemies have set traps for me.
4 I look for someone to come and help me,
but no one gives me a passing thought!

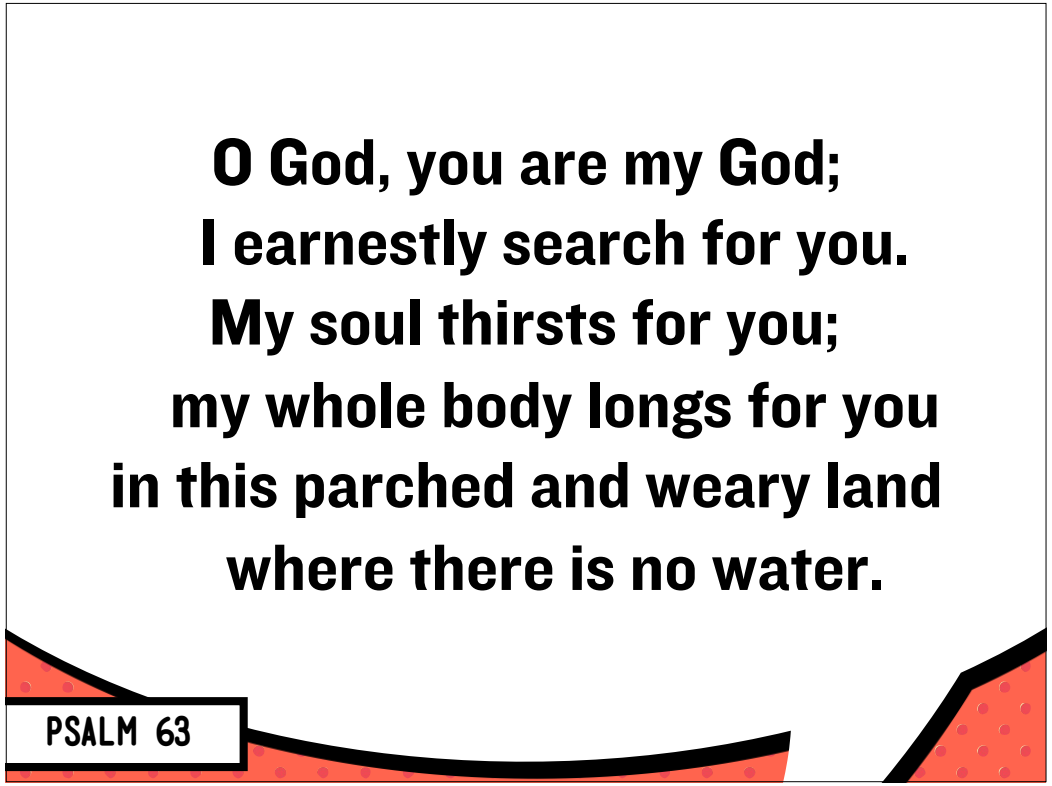


No one will help me;
no one cares a bit what happens to me.
5 ***Then I pray to you,*** O Lord.
I say,**"You are my place of refuge.**
You are all I really want in life.
6 Hear my cry,
for I am very low.
Rescue me from my persecutors,
for they are too strong for me.
7 Bring me out of prison
so I can thank you.
The godly will crowd around me,
for you are good to me."


You’re my
safe-place

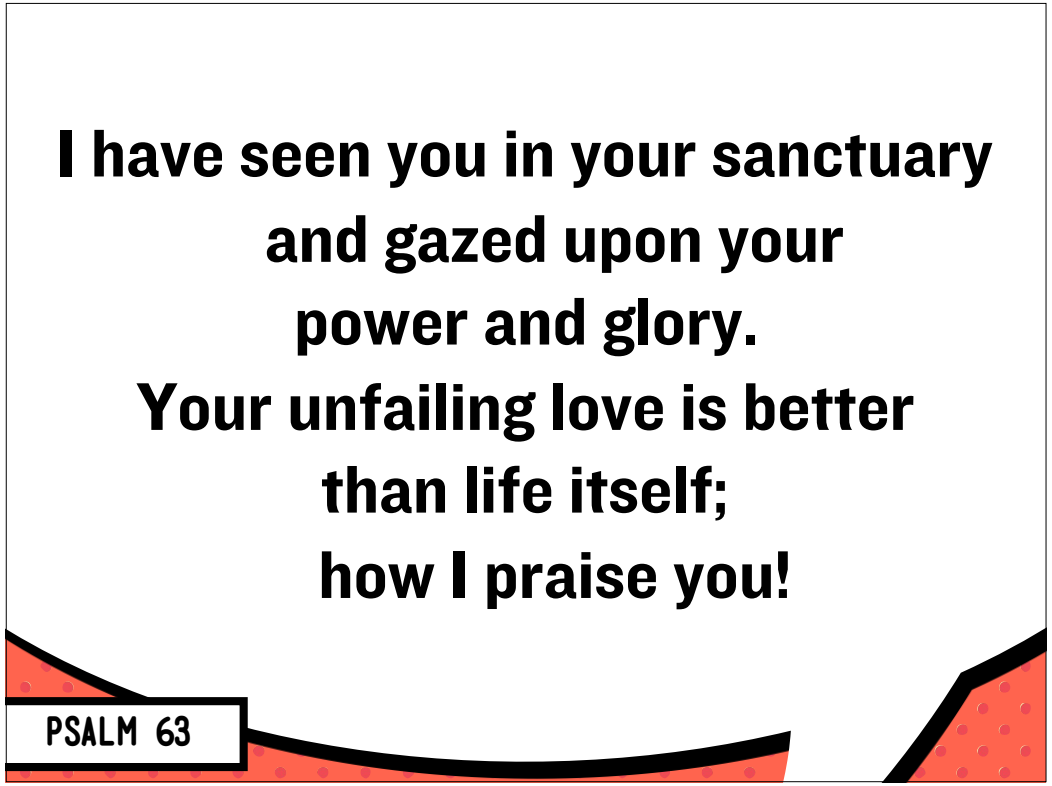


7 Bring me out of prison
so I can thank you.
The godly will crowd around me,
for you are good to me.”

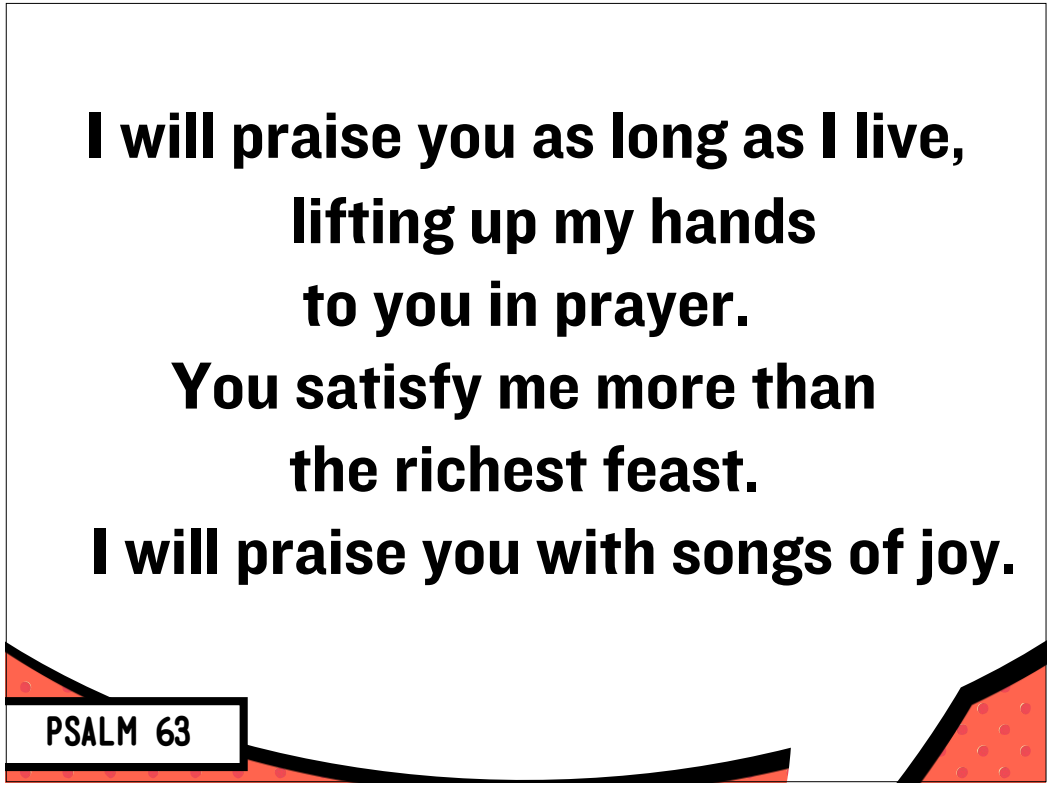


1 Samuel 23:14-15
14 And David remained in the strongholds in the wilderness, in the hill country of the wilderness of Ziph. And Saul sought him every day, but God did not give him into his hand.
Saul Pursues David
15 David saw that Saul had come out to seek his life. David was in the wilderness of Ziph at Horesh.

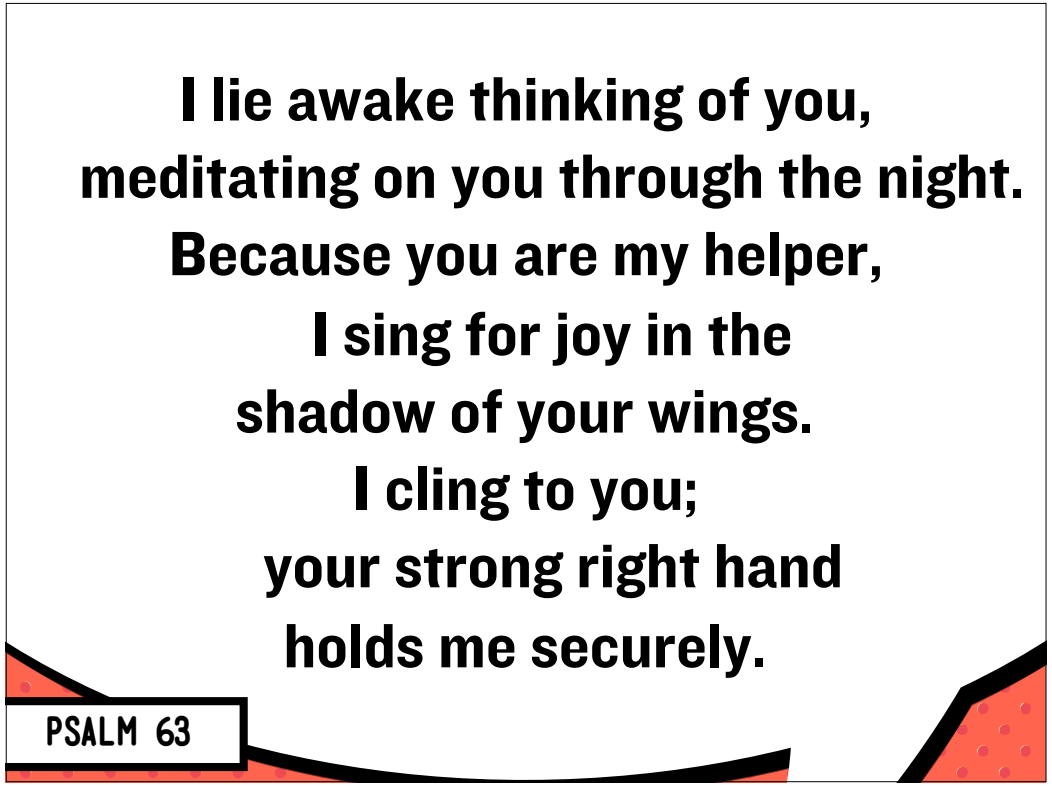
O God, you are my God;
I earnestly search for you.
My soul thirsts for you;
my whole body longs for you
in this parched and weary land
where there is no water.
2 I have seen you in your sanctuary
and gazed upon your power and glory.
3 Your unfailing love is better than life itself;
how I praise you!
4 I will praise you as long as I live,
lifting up my hands to you in prayer.
5 You satisfy me more than the richest feast.



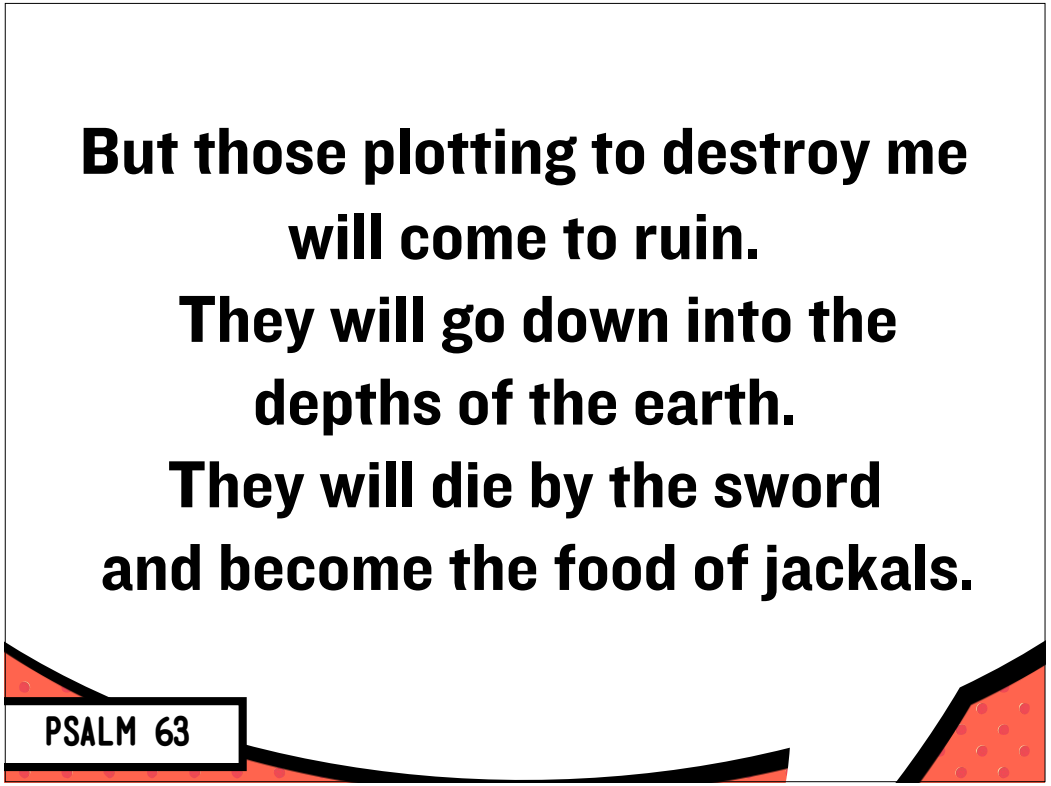
I have seen you in your sanctuary
and gazed upon your
power and glory.
Your unfailing love is better
than life itself;
how I praise you!



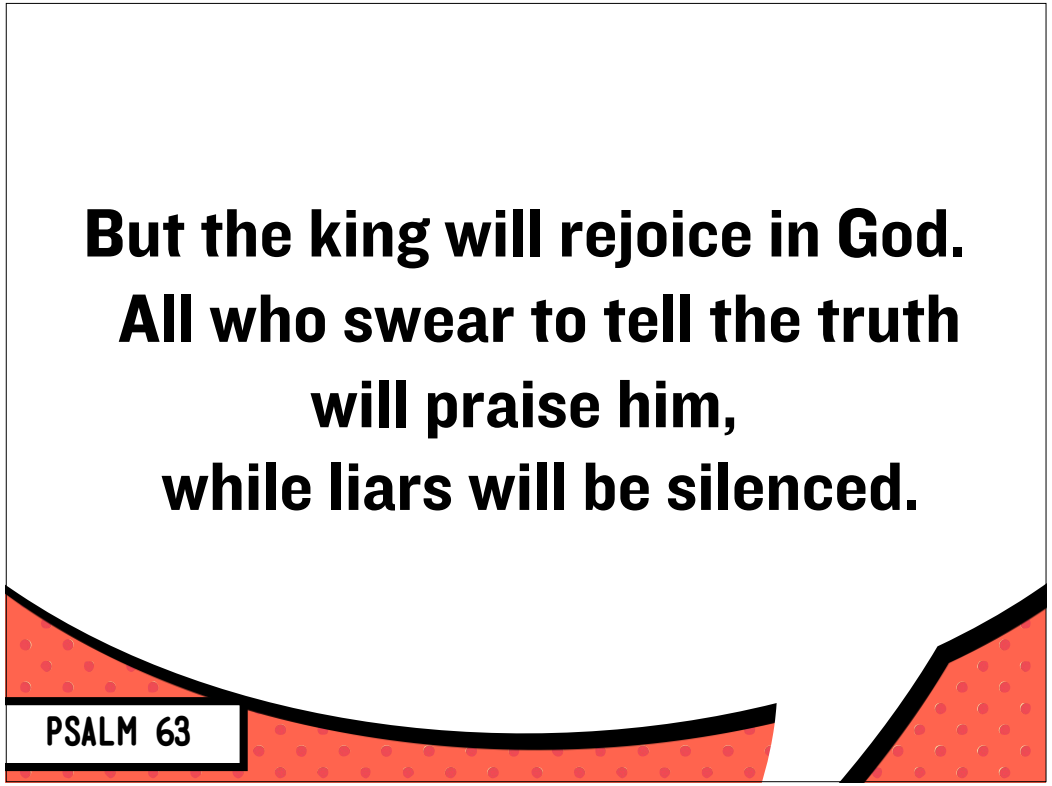
I will praise you as long as I live,
lifting up my hands
to you in prayer.
You satisfy me more than
the richest feast.
I will praise you with songs of joy.



I lie awake thinking of you,
meditating on you through the night.
Because you are my helper,
I sing for joy in the
shadow of your wings.
I cling to you;
your strong right hand
holds me securely.



But those plotting to destroy me will come to ruin.
They will go down into the
depths of the earth.
They will die by the sword
and become the food of jackals.

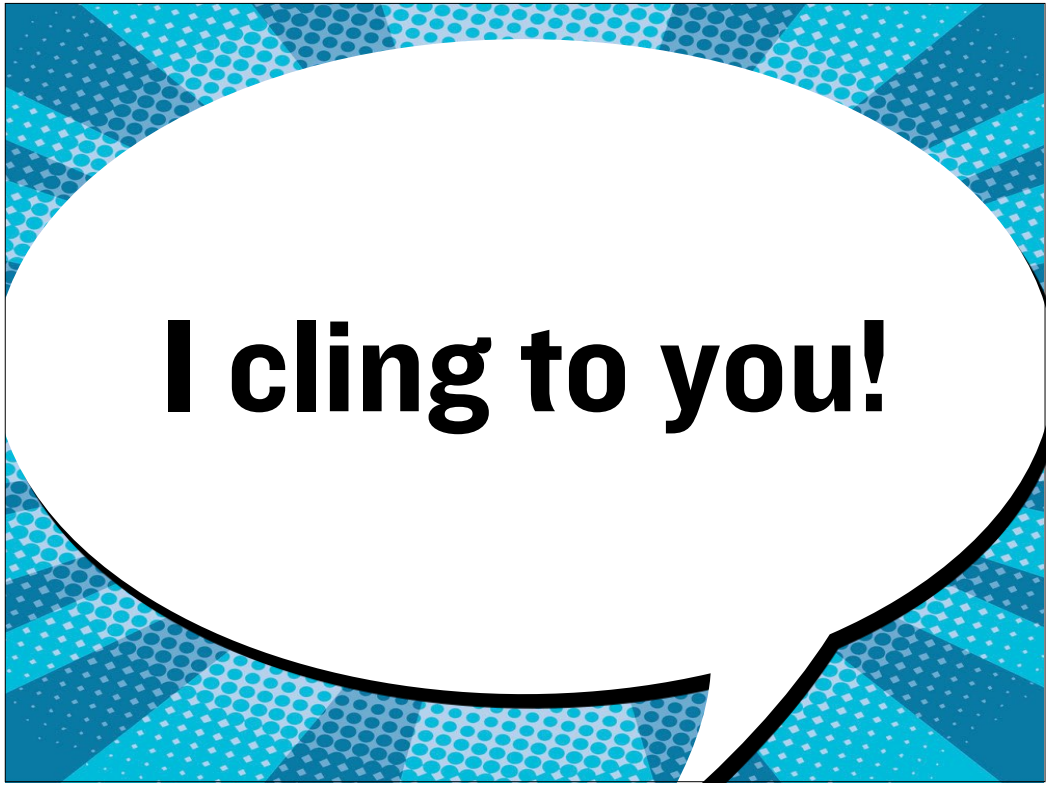


But the king will rejoice in God.
All who swear to tell the truth
will praise him,
while liars will be silenced.



remember God
remember his faithfulness
remember who he is.

our minds get so caught up that we forget



7 Bring me out of prison
so I can thank you.
The godly will crowd around me,
for you are good to me.”


CHANGE THE
THINGS WE SAY