



Life can be very difficult at times, and in life people have the power to help or hurt you. Sometimes when we are hurt it's hard not to have the desire to strike back and inflict pain on others as they do to us, but we must learn to step back and leave our struggles in God's hands.

DISCUSSION QUESTIONS

1. Think of the relationships in your life. Do you ever feel that you treat others as Saul treated David? Do you harbor anger or jealousy toward people or hurl insults and accusations?
2. Have you ever had someone hurt you time and time again? Did you handle that situation like David (allowing God to intervene), or did you take it into your own hands? How do you think you would handle a situation like this in the future?
3. **Read** how David and Saul address each other in **1 Samuel 24**. Do you find that you can still honor those who have been dishonorable to you? How can you make it a point to trust that God will deal with those who hurt you in his own way?
4. **Read Psalm 32:8** and **Isaiah 58:11**. It is easy to take matters into our own hands thinking we don't need any guidance from God, even though it is needed. Are there times in your life that you struggle to let God guide you through your problems?

CHALLENGE

This week, be intentional with your actions and thoughts toward others. Aspire to live as David did and choose to see the good in others despite how they may treat you. If you find yourself struggling with this, pray that God will grant you peace with knowing that he will take the situation into his hands.

COMMIT TO MEMORY

The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you." **Psalm 32:8**