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# HARD TIMES

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## 1. Falling Down

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read 1 Samuel 30.1-20

*4 So David and his men wept aloud until they had no strength left to weep. 5 David's two wives had been captured – Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. 6 David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God.*

- In this passage David is at his lowest point. What's your lowest point been? Can you identify with the picture of Discouragement being the 'Tag Team Partner' to Disaster?
- v6. '*David found strength in the Lord*'. We know that David often encouraged himself in God by writing songs and speaking truth to himself (check out Psalm 43 for a quick example). Have you ever managed to find strength in God in times of difficulty? If yes, how?
- v8. '*David enquired of the Lord*'. Once David has *Reframed his Story* he's able to *Reconnect with God* and pray with a renewed sense of faith and trust. Have you ever had an experience where a bad situation brought you closer to God?
- David had his loved ones and his possessions taken from him. What things have hard times taken from you in the past? (Relationships, self-worth, peace of mind, hope, closeness to God etc.) Have you had experience of God helping you *Retake what's Yours*?

Big Idea: 'To recover from disaster and distress, first Reframe your Story and Reconnect with God. Then you can begin to Retake what's yours.'

Break down into smaller groups and pray for one another. First off, pray for God's help in any hard times you're experiencing right now. Ask Him for His help in taking back the things that are rightly yours – peace, self-confidence and healing.

Secondly, pray for those that you know that are outside of church. Pray for opportunities to share this message of hope and comfort with them, either online or in person. Pray for confidence to invite them to an evening at Metro or one of the socials planned for August.