



Strength is both a grace and a choice. It is a gift from God, and it is a pursuit of those who live in fellowship with God. The Bible tells us to be strong in the Lord, and this series will explore how we can receive the gift and make the choice.

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family and/or with a group.

1 Rick began by reminding us that “*We are still in a season that has been exhausting, and it appears that this race has more miles and hills ahead.*” Take a moment and check everyone’s “pulse” by focusing on this question: How are you really doing today? Follow up: **Read 1 Samuel 30:1-6.** Share one way you’ve recently found strength in the Lord.

2 WHY WEAK? Rick highlighted several reasons from David’s story for why he was weak at that time (**physical exhaustion, substantial loss, relationship tension, and irrational fear**). As you look back at David’s story share some examples of how each of these impacted David and his men (see 1 Samuel 27:1 and chapter 30). Follow up: How have these same types of things impacted you these past couple of years? What was the turning point for David and how can that help us in our journey today (see 1 Samuel 30:6b and Psalm 18:1-2, 6)?

3 WHEN STRONG... You can reclaim what the enemy has stolen. **Read 1 Samuel 30:18-19.** What encouragement do you find from those verses? Follow up: That doesn’t mean we will never experience loss but it is a reminder that the enemy cannot steal any blessing that God wants us to have (*our intimacy with Christ, the guidance of the Holy Spirit, the assurance of our salvation, an unconquerable and inexplicable peace, and our hope for the future*). Which of those do you need to reclaim today?

4 WHEN STRONG... You can live and lead with grace. **Read 1 Samuel 30:23-24.** What stands out to you about how David dealt with the tension between those who stayed behind and those who returned? Follow up: What is one way you can learn to live and lead with grace this year?

5 WHAT THEN? You cannot be strong for long without God. **Read Isaiah 40:29-31.** What resonates with you from these verses? Follow up: What are some practical things you need to commit to in order to “be strong for long”?

6 WHAT THEN? Inner strength must be pursued and renewed. **Read Isaiah 33:2.** What is the first step to getting stronger? Why is it important to know that no one drifts into greater strength? Follow up: What disciplines do you practice regularly and how have they helped you develop spiritual muscles?

7 WHAT THEN? God is eager to make you stronger. Rick closed by reminding us that even Jesus knew weak and God responded to make him stronger (see Luke 22:43). How does that encourage you today? Follow up: close by spending some time in prayer asking God for strength (see Nehemiah 6:9).

