SERMON OUTLINE & DISCUSSION QUESTIONS
NOVEMBER 29, 2026

STRENGTHENED IN THE LORD
1 SAMUEL 30:1-8

MAIN THOUGHT & OUTLINE

Facing disaster and distress, David shows you how to seek and be strengthened in the LORD.

I. Disaster & Distress (v.1-6a)
II. David Seeks & Is Strengthened in the LORD (v.6b-8)

QUESTIONS FOR REFLECTION & DISCUSSION

1. What have you been doing in recent distress? How has it brought you to seek the LORD? Or do you need to do that?

2. Reflecting on this text and context, put in your own words what it would mean to strengthen yourself in the Lord your God.

3. How does knowing Saul is seeking the medium at about the same time David is seeking the LORD comfort you as a believer even more?

4. Boys & girls – do you seek God when you are really sad or struggling? When you seek God through Jesus, He will make you stronger!

FURTHER READING: 1 Sam 22:2, 23:17; Psalm 27; Phil 2:12-13; 1 Kings 19