



## “The People Who Abandon Us”

1 Samuel 30:1-20

**Listen!** People abandon us. The closer they are to us the more it hurts.

**Question:** Then, having been abandoned, what do we do? Cry? Retaliate? Say it doesn't hurt? Medicate? Sue? Minimize? Win them back? Pout? Self-pity?

**The Background—what David found at Ziklag:**

**The responses—what people did at Ziklag:**

**Grieving:** They wept with loud voices until they were exhausted. (v 4)

**Abandoning:** They were embittered against David and planned to kill him. (v 6)

**Despairing:** David was distressed by the loss and by the threat. (v 6)

**Refuging\*:** David went running to God for strength. (v 6)

- **Idea:** When others abandon us...find strength through refuge in God.

**For Instance:**

**Application:** Clearly, the application is that we must take refuge in God when people have abandoned us. So, how do we do that?

- Psalm 27:10:
- Psalm 36:5, 6:
- Psalm 73:28:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

\*"Refuging" is not a word ("No kidding Dave!") but for today it means "the act of taking refuge in."

# Walking Papers

Practical Helps for Walking With God

**Idea:** When others abandon us...find strength through refuge in God.

Please take time this week to work on the life change applications from today's passage:

- **Today:** Who are the people who have abandoned you? What have you done in response to each one? How are you feeling today about each one? Are you grieving, embittered, angry, withdrawn, confused, or denying?
- **Monday:** Where do you stand in the grief process? Are you angry? Denying? Bargaining? Embittered? Retaliating? Accepting? Mourning loss?
  - "You cannot begin to heal until you stop protesting." Unknown.
- **Tuesday:** Do you have realities in your life that have caused you great distress? Are you despairing about something or some things? What are they?
- **Wednesday:** Have you turned to practices of "self-medicating" to find short term relief from the pain of abandonment or hurt? What are you "using?" How do you feel about it?
- **Thursday:** What is a refuge—simple definition? Have you ever taken refuge from a physical storm that came up suddenly? What happened and what did you do? Do you know how to take refuge in God? How do you think this is done?
- **Friday:** Would you be willing to give renewed and concerted effort to: Prayer? The Word? Memorizing Psalms? Reflecting on God's great love for you and His great joy over you? Honesty with God about how you are feeling and what you are doing? Confession?
- **Saturday:** Please read Psalm 27 and Psalm 36 and Psalm 73. Please memorize Psalm 27:10 and personalize it" "Though \_\_\_\_\_ has forsaken me, the Lord will take me up."

*"Abandoning" is a given in our world. "Refuging" is the cure.*