



**OVERCOMING AND DELIVERANCE**  
A Study of the Life of David  
*Retreat/ Group Companion* WORKBOOK

OVERCOMING AND DELIVERANCE  
A Study of the Life of David

*Retreat/Group Companion*

**WORKBOOK**

RICHARD T. CASE





## Dedication / Acknowledgements

I wish to dedicate this course to and thank my wife, Linda, and our ministry leaders who received this important aspect of God's life for all His children. We were together at a leader retreat in France when we worked through this material. We understood that deliverance and overcoming is not an event, but learning to process our adversities, difficulties and strained relationships through to receiving the life of God that provides the power to overcome and then remain delivered. David's life provides so many wonderful examples of how God worked in his life through all his interesting circumstances that we all can relate to. There is no system and not one way to experience this—rather truths that are to be applied personally in unique circumstances. Since this time in France, we all have been delivered and have overcome hardships such that we now know that no matter what the world throws at us, we will have victory. And, it is a privilege to experience this as a married couple and as a member of a faithful community that walks together through this. We now can teach and encourage others in the same truths that will provide the hope that we all need to continue to deal with life difficulties. Thank you, Linda and ministry team.

### **These leaders are:**

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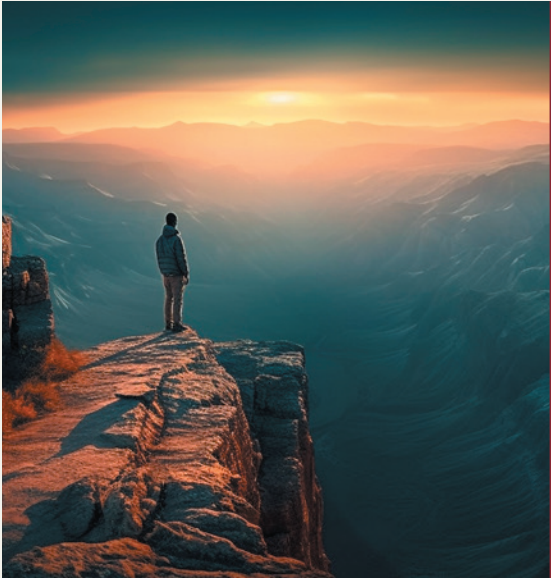
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# LESSON 1: THE CONDITION OF THE WORLD & WHY WE ALL WILL EXPERIENCE DIFFICULTIES; AND WHAT THEN DOES GOD PROMISE TO OVERCOME THE WORLD?



What does Jesus say about what we will experience in this world? Why is this important to understand? What is the good news about the remedy for the problem? Why is that important to believe?

**Read John 16:33:**

<sup>33</sup> I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

"God wants to bless you with things of the world—not for you to chase them, as that is self-centered, but rather to enjoy them as given by God."

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# LESSON 1: THE CONDITION OF THE WORLD & WHY WE ALL WILL EXPERIENCE DIFFICULTIES; AND WHAT THEN DOES GOD PROMISE TO OVERCOME THE WORLD?

Knowing that we can overcome the trouble that we will experience in the world, what specific trouble will we be able to overcome, and what does Christ promise us about this? What is important for how we approach these issues?

## Read Isaiah 61:1–4:

The Year of the LORD'S Favor

**61** The Spirit of the LORD GOD is upon me,  
because the LORD has anointed me  
to bring good news to the poor;<sup>[a]</sup>  
he has sent me to bind up the brokenhearted,  
to proclaim liberty to the captives,  
and the opening of the prison to those who are bound;<sup>[b]</sup>  
<sup>2</sup> to proclaim the year of the LORD'S favor,  
and the day of vengeance of our God;  
to comfort all who mourn;  
<sup>3</sup> to grant to those who mourn in Zion—  
to give them a beautiful headdress instead of ashes,  
the oil of gladness instead of mourning,  
the garment of praise instead of a faint spirit;  
that they may be called oaks of righteousness,  
the planting of the LORD, that he may be glorified.<sup>[c]</sup>  
<sup>4</sup> They shall build up the ancient ruins;  
they shall raise up the former devastations;  
they shall repair the ruined cities,  
the devastations of many generations.

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# LESSON 1: THE CONDITION OF THE WORLD & WHY WE ALL WILL EXPERIENCE DIFFICULTIES; AND WHAT THEN DOES GOD PROMISE TO OVERCOME THE WORLD?

**What are the truths of what Christ has fulfilled for us? What is important to understand as to why He has the power to overcome? What is His purpose for overcoming? What does that mean to us personally?**

## **Read Colossians 1:9–20:**

<sup>9</sup> And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, <sup>10</sup> so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; <sup>11</sup> being strengthened with all power, according to his glorious might, for all endurance and patience with joy; <sup>12</sup> giving thanks<sup>[a]</sup> to the Father, who has qualified you<sup>[b]</sup> to share in the inheritance of the saints in light. <sup>13</sup> He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, <sup>14</sup> in whom we have redemption, the forgiveness of sins.

### The Preeminence of Christ

<sup>15</sup> He is the image of the invisible God, the firstborn of all creation. <sup>16</sup> For by<sup>[c]</sup> him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. <sup>17</sup> And he is before all things, and in him all things hold together. <sup>18</sup> And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. <sup>19</sup> For in him all the fullness of God was pleased to dwell, <sup>20</sup> and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

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# LESSON 1: THE CONDITION OF THE WORLD & WHY WE ALL WILL EXPERIENCE DIFFICULTIES; AND WHAT THEN DOES GOD PROMISE TO OVERCOME THE WORLD?

**In order for us to overcome, what is necessary on our part? Why? What is the result if we fulfill our part?**

**Read Revelation 3:22:**

<sup>22</sup> He who has an ear, let him hear what the Spirit says to the churches.”

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**In this history of Israel, what does Luke, the author of Acts, say about David? Why is that so important in our understanding of overcoming and deliverance? What does that mean to us personally?**

**Read Acts 13:13–20:**

Paul and Barnabas at Antioch in Pisidia

<sup>13</sup> Now Paul and his companions set sail from Paphos and came to Perga in Pamphylia. And John left them and returned to Jerusalem, <sup>14</sup> but they went on from Perga and came to Antioch in Pisidia. And on the Sabbath day they went into the synagogue and sat down. <sup>15</sup> After the reading from the Law and the Prophets, the rulers of the synagogue sent a message to them, saying, “Brothers, if you have any word of encouragement for the people, say it.” <sup>16</sup> So Paul stood up, and motioning with his hand said:

“Men of Israel and you who fear God, listen. <sup>17</sup> The God of this people Israel chose our fathers and made the people great during their stay in the land of Egypt, and with uplifted arm he led them out of it. <sup>18</sup> And for about forty years he put up with<sup>[a]</sup> them in the wilderness. <sup>19</sup> And after destroying seven nations in the land of Canaan, he gave them their land as an inheritance. <sup>20</sup> All this took about 450 years. And after that he gave them judges until Samuel the prophet.

# LESSON 1: THE CONDITION OF THE WORLD & WHY WE ALL WILL EXPERIENCE DIFFICULTIES; AND WHAT THEN DOES GOD PROMISE TO OVERCOME THE WORLD?

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**As Samuel was given the assignment of selecting God’s new anointed king, what was important to God in this selection versus what Samuel thought? Why is this important as we walk with God to experience overcoming and deliverance?**

**Read 1 Samuel 16:6–7; 13:**

<sup>6</sup> When they came, he looked on Eliab and thought, “Surely the LORD’S anointed is before him.”<sup>7</sup> But the Lord said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart.”

<sup>13</sup> Then Samuel took the horn of oil and anointed him in the midst of his brothers. And the Spirit of the LORD rushed upon David from that day forward. And Samuel rose up and went to Ramah.

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# LESSON 1: THE CONDITION OF THE WORLD & WHY WE ALL WILL EXPERIENCE DIFFICULTIES; AND WHAT THEN DOES GOD PROMISE TO OVERCOME THE WORLD?

What did David say he wishes would be written in the book of life about him? Why is this significant for our relationship with God? What then is required of us?

## Read Psalm 40:4–8:

<sup>4</sup> Blessed is the man who makes  
the Lord his trust,  
who does not turn to the proud,  
to those who go astray after a lie!  
<sup>5</sup> You have multiplied, O LORD my God,  
your wondrous deeds and your thoughts toward us;  
none can compare with you!  
I will proclaim and tell of them,  
yet they are more than can be told.  
<sup>6</sup> In sacrifice and offering you have not delighted,  
but you have given me an open ear.<sup>[a]</sup>  
Burnt offering and sin offering  
you have not required.  
<sup>7</sup> Then I said, "Behold, I have come;  
in the scroll of the book it is written of me:  
<sup>8</sup> I delight to do your will, O my God;  
your law is within my heart."

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# LESSON 1: THE CONDITION OF THE WORLD & WHY WE ALL WILL EXPERIENCE DIFFICULTIES; AND WHAT THEN DOES GOD PROMISE TO OVERCOME THE WORLD?

**What were the reasons that the Israelites chose not to go to the Promise Land? What then was the impact of them experiencing overcoming and deliverance? Why? How does this relate to how we to address our difficult circumstances?**

## **Read Numbers 13:25–14:4:**

### Report of the Spies

<sup>25</sup> At the end of forty days they returned from spying out the land. <sup>26</sup> And they came to Moses and Aaron and to all the congregation of the people of Israel in the wilderness of Paran, at Kadesh. They brought back word to them and to all the congregation, and showed them the fruit of the land. <sup>27</sup> And they told him, "We came to the land to which you sent us. It flows with milk and honey, and this is its fruit. <sup>28</sup> However, the people who dwell in the land are strong, and the cities are fortified and very large. And besides, we saw the descendants of Anak there. <sup>29</sup> The Amalekites dwell in the land of the Negeb. The Hittites, the Jebusites, and the Amorites dwell in the hill country. And the Canaanites dwell by the sea, and along the Jordan."

<sup>30</sup> But Caleb quieted the people before Moses and said, "Let us go up at once and occupy it, for we are well able to overcome it." <sup>31</sup> Then the men who had gone up with him said, "We are not able to go up against the people, for they are stronger than we are." <sup>32</sup> So they brought to the people of Israel a bad report of the land that they had spied out, saying, "The land, through which we have gone to spy it out, is a land that devours its inhabitants, and all the people that we saw in it are of great height. <sup>33</sup> And there we saw the Nephilim (the sons of Anak, who come from the Nephilim), and we seemed to ourselves like grasshoppers, and so we seemed to them."

### The People Rebel

**14** Then all the congregation raised a loud cry, and the people wept that night. <sup>2</sup> And all the people of Israel grumbled against Moses and Aaron. The whole congregation said to them, "Would that we had died in the land of Egypt! Or would that we had died in this wilderness! <sup>3</sup> Why is the Lord bringing us into this land, to fall by the sword? Our wives and our little ones will become a prey. Would it not be better for us to go back to Egypt?" <sup>4</sup> And they said to one another, "Let us choose a leader and go back to Egypt."

# LESSON 1: THE CONDITION OF THE WORLD & WHY WE ALL WILL EXPERIENCE DIFFICULTIES; AND WHAT THEN DOES GOD PROMISE TO OVERCOME THE WORLD?

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**In the next two sets of verses, please respond: What was different about Joshua and Caleb as they faced the same difficult circumstances as the Israelites? What difference did this make in their experiencing overcoming and deliverance? What role did faith play in this? What is the definition of faith? Why is this such an important element in us as we experience overcoming and deliverance?**

**Read Numbers 14:24:**

<sup>24</sup> But my servant Caleb, because he has a different spirit and has followed me fully, I will bring into the land into which he went, and his descendants shall possess it.

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# LESSON 1: THE CONDITION OF THE WORLD & WHY WE ALL WILL EXPERIENCE DIFFICULTIES; AND WHAT THEN DOES GOD PROMISE TO OVERCOME THE WORLD?

## Read Hebrews 11:1–3:

By Faith

**11** Now faith is the assurance of things hoped for, the conviction of things not seen. <sup>2</sup> For by it the people of old received their commendation. <sup>3</sup> By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible.

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**How did Saul and his fellow warriors respond to the overwhelmingly difficult circumstances? What was David's response? How then are we to address difficult circumstances in our lives? What can we then expect if we follow David's approach to overcoming and deliverance?**

## Read 1 Samuel 17:1–54:

David and Goliath

**17** Now the Philistines gathered their armies for battle. And they were gathered at Socoh, which belongs to Judah, and encamped between Socoh and Azekah, in Ephes-dammim. <sup>2</sup> And Saul and the men of Israel were gathered, and encamped in the Valley of Elah, and drew up in line of battle against the Philistines. <sup>3</sup> And the Philistines stood on the mountain on the one side, and Israel stood on the mountain on the other side, with a valley between them. <sup>4</sup> And there came out from the camp of the Philistines a champion named Goliath of Gath, whose height was six<sup>[a]</sup> cubits<sup>[b]</sup> and a span. <sup>5</sup> He had a helmet of bronze on his head, and he was armed with a coat of mail, and the weight of the coat was five thousand shekels<sup>[c]</sup> of bronze. <sup>6</sup> And he had bronze armor on his legs, and a javelin of bronze slung between his shoulders. <sup>7</sup> The shaft of his spear was like a weaver's beam, and his spear's head weighed six hundred shekels of iron. And his shield-bearer went before him. <sup>8</sup> He stood

# LESSON 1: THE CONDITION OF THE WORLD & WHY WE ALL WILL EXPERIENCE DIFFICULTIES; AND WHAT THEN DOES GOD PROMISE TO OVERCOME THE WORLD?

and shouted to the ranks of Israel, "Why have you come out to draw up for battle? Am I not a Philistine, and are you not servants of Saul? Choose a man for yourselves, and let him come down to me. <sup>9</sup> If he is able to fight with me and kill me, then we will be your servants. But if I prevail against him and kill him, then you shall be our servants and serve us." <sup>10</sup> And the Philistine said, "I defy the ranks of Israel this day. Give me a man, that we may fight together." <sup>11</sup> When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.

<sup>12</sup> Now David was the son of an Ephrathite of Bethlehem in Judah, named Jesse, who had eight sons. In the days of Saul the man was already old and advanced in years.<sup>[d]</sup> <sup>13</sup> The three oldest sons of Jesse had followed Saul to the battle. And the names of his three sons who went to the battle were Eliab the firstborn, and next to him Abinadab, and the third Shammah. <sup>14</sup> David was the youngest. The three eldest followed Saul, <sup>15</sup> but David went back and forth from Saul to feed his father's sheep at Bethlehem. <sup>16</sup> For forty days the Philistine came forward and took his stand, morning and evening.

<sup>17</sup> And Jesse said to David his son, "Take for your brothers an ephah<sup>[e]</sup> of this parched grain, and these ten loaves, and carry them quickly to the camp to your brothers. <sup>18</sup> Also take these ten cheeses to the commander of their thousand. See if your brothers are well, and bring some token from them."

<sup>19</sup> Now Saul and they and all the men of Israel were in the Valley of Elah, fighting with the Philistines. <sup>20</sup> And David rose early in the morning and left the sheep with a keeper and took the provisions and went, as Jesse had commanded him. And he came to the encampment as the host was going out to the battle line, shouting the war cry. <sup>21</sup> And Israel and the Philistines drew up for battle, army against army. <sup>22</sup> And David left the things in charge of the keeper of the baggage and ran to the ranks and went and greeted his brothers. <sup>23</sup> As he talked with them, behold, the champion, the Philistine of Gath, Goliath by name, came up out of the ranks of the Philistines and spoke the same words as before. And David heard him.

<sup>24</sup> All the men of Israel, when they saw the man, fled from him and were much afraid. <sup>25</sup> And the men of Israel said, "Have you seen this man who has come up? Surely he has come up to defy Israel. And the king will enrich the man who kills him with great riches and will give him his daughter and make his father's house free in Israel." <sup>26</sup> And David said to the men who stood by him, "What shall be done for the man who kills this Philistine and takes away the reproach from Israel? For who is this uncircumcised Philistine, that he should defy the armies



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of the living God?"<sup>27</sup> And the people answered him in the same way, "So shall it be done to the man who kills him."

<sup>28</sup> Now Eliab his eldest brother heard when he spoke to the men. And Eliab's anger was kindled against David, and he said, "Why have you come down? And with whom have you left those few sheep in the wilderness? I know your presumption and the evil of your heart, for you have come down to see the battle."<sup>29</sup> And David said, "What have I done now? Was it not but a word?"<sup>30</sup> And he turned away from him toward another, and spoke in the same way, and the people answered him again as before.

<sup>31</sup> When the words that David spoke were heard, they repeated them before Saul, and he sent for him. <sup>32</sup> And David said to Saul, "Let no man's heart fail because of him. Your servant will go and fight with this Philistine."<sup>33</sup> And Saul said to David, "You are not able to go against this Philistine to fight with him, for you are but a youth, and he has been a man of war from his youth."<sup>34</sup> But David said to Saul, "Your servant used to keep sheep for his father. And when there came a lion, or a bear, and took a lamb from the flock, <sup>35</sup> I went after him and struck him and delivered it out of his mouth. And if he arose against me, I caught him by his beard and struck him and killed him. <sup>36</sup> Your servant has struck down both lions and bears, and this uncircumcised Philistine shall be like one of them, for he has defied the armies of the living God."<sup>37</sup> And David said, "The Lord who delivered me from the paw of the lion and from the paw of the bear will deliver me from the hand of this Philistine." And Saul said to David, "Go, and the Lord be with you!"

<sup>38</sup> Then Saul clothed David with his armor. He put a helmet of bronze on his head and clothed him with a coat of mail, <sup>39</sup> and David strapped his sword over his armor. And he tried in vain to go, for he had not tested them. Then David said to Saul, "I cannot go with these, for I have not tested them." So David put them off. <sup>40</sup> Then he took his staff in his hand and chose five smooth stones from the brook and put them in his shepherd's pouch. His sling was in his hand, and he approached the Philistine.

<sup>41</sup> And the Philistine moved forward and came near to David, with his shield-bearer in front of him. <sup>42</sup> And when the Philistine looked and saw David, he disdained him, for he was but a youth, ruddy and handsome in appearance. <sup>43</sup> And the Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods. <sup>44</sup> The Philistine said to David, "Come to me, and I will give your flesh to the birds of the air

# LESSON 1: THE CONDITION OF THE WORLD & WHY WE ALL WILL EXPERIENCE DIFFICULTIES; AND WHAT THEN DOES GOD PROMISE TO OVERCOME THE WORLD?

and to the beasts of the field.”<sup>45</sup> Then David said to the Philistine, “You come to me with a sword and with a spear and with a javelin, but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. <sup>46</sup> This day the Lord will deliver you into my hand, and I will strike you down and cut off your head. And I will give the dead bodies of the host of the Philistines this day to the birds of the air and to the wild beasts of the earth, that all the earth may know that there is a God in Israel, <sup>47</sup> and that all this assembly may know that the Lord saves not with sword and spear. For the battle is the Lord's, and he will give you into our hand.”

<sup>48</sup> When the Philistine arose and came and drew near to meet David, David ran quickly toward the battle line to meet the Philistine. <sup>49</sup> And David put his hand in his bag and took out a stone and slung it and struck the Philistine on his forehead. The stone sank into his forehead, and he fell on his face to the ground.

<sup>50</sup> So David prevailed over the Philistine with a sling and with a stone, and struck the Philistine and killed him. There was no sword in the hand of David. <sup>51</sup> Then David ran and stood over the Philistine and took his sword and drew it out of its sheath and killed him and cut off his head with it. When the Philistines saw that their champion was dead, they fled. <sup>52</sup> And the men of Israel and Judah rose with a shout and pursued the Philistines as far as Gath<sup>[f]</sup> and the gates of Ekron, so that the wounded Philistines fell on the way from Shaaraim as far as Gath and Ekron. <sup>53</sup> And the people of Israel came back from chasing the Philistines, and they plundered their camp. <sup>54</sup> And David took the head of the Philistine and brought it to Jerusalem, but he put his armor in his tent.

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# LESSON 2:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE?



**"As we also learned,  
the question to each  
of us is: Do you have  
a heart to follow?"**

**What happened that led to David being alone, living in caves? How did David feel being alone in the caves? What did God do then to bring hope and encouragement back to David? Why is this such an important part of overcoming and deliverance?**

### **Read Psalm 142:**

You Are My Refuge

A Maskil<sup>[a]</sup> of David, when he was in the cave. A Prayer.

**142** With my voice I cry out to the LORD;  
with my voice I plead for mercy to the LORD.

<sup>2</sup> I pour out my complaint before him;  
I tell my trouble before him.

<sup>3</sup> When my spirit faints within me,  
you know my way!

In the path where I walk  
they have hidden a trap for me.

<sup>4</sup> Look to the right and see:  
there is none who takes notice of me;  
no refuge remains to me;  
no one cares for my soul.

<sup>5</sup> I cry to you, O LORD;  
I say, "You are my refuge,  
my portion in the land of the living."

<sup>6</sup> Attend to my cry,  
for I am brought very low!  
Deliver me from my persecutors,  
for they are too strong for me!

<sup>7</sup> Bring me out of prison,  
that I may give thanks to your name!  
The righteous will surround me,  
for you will deal bountifully with me.

# LESSON 2:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE?

### Read 1 Samuel 22:1-5:

David at the Cave of Adullam

**22** David departed from there and escaped to the cave of Adullam. And when his brothers and all his father's house heard it, they went down there to him. <sup>2</sup> And everyone who was in distress, and everyone who was in debt, and everyone who was bitter in soul,<sup>[a]</sup> gathered to him. And he became commander over them. And there were with him about four hundred men.

<sup>3</sup> And David went from there to Mizpeh of Moab. And he said to the king of Moab, "Please let my father and my mother stay<sup>[b]</sup> with you, till I know what God will do for me."<sup>4</sup> And he left them with the king of Moab, and they stayed with him all the time that David was in the stronghold. <sup>5</sup> Then the prophet Gad said to David, "Do not remain in the stronghold; depart, and go into the land of Judah." So David departed and went into the forest of Hereth.

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# LESSON 2:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE?

**As you consider having fellowship with other spiritual believers—your spouse, friend(s), inner circle, small group—how can you seek together God’s will? Why does God assure us that we can always hear, receive, and understand His will? Why is this so important in overcoming and deliverance?**

### **Read Ephesians 4:1–6; 11–16:**

Unity in the Body of Christ

**4** I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, <sup>2</sup> with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup> eager to maintain the unity of the Spirit in the bond of peace. <sup>4</sup> There is one body and one Spirit—just as you were called to the one hope that belongs to your call— <sup>5</sup> one Lord, one faith, one baptism, <sup>6</sup> one God and Father of all, who is over all and through all and in all.

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**As you read through this story of David at Keilah, what did you notice about how David sought and received God’s will? What did David do when his men disagreed with what he believed was God’s will? Why is this so important in working together with our inner circle? David could have assumed that certain things were expected when he learned that Saul was coming after him in Keilah, but instead, how did he approach the situation? Why is this so important in following God into His steps of overcoming and deliverance?**

### **Read 1 Samuel 23:1–13:**

David Saves the City of Keilah

**23** Now they told David, “Behold, the Philistines are fighting against Keilah and are robbing the threshing floors.” <sup>2</sup> Therefore David inquired of the LORD, “Shall I

# LESSON 2:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE?

go and attack these Philistines?" And the LORD said to David, "Go and attack the Philistines and save Keilah."<sup>3</sup> But David's men said to him, "Behold, we are afraid here in Judah; how much more then if we go to Keilah against the armies of the Philistines?"<sup>4</sup> Then David inquired of the LORD again. And the LORD answered him, "Arise, go down to Keilah, for I will give the Philistines into your hand."<sup>5</sup> And David and his men went to Keilah and fought with the Philistines and brought away their livestock and struck them with a great blow.

So David saved the inhabitants of Keilah.

<sup>6</sup> When Abiathar the son of Ahimelech had fled to David to Keilah, he had come down with an ephod in his hand. <sup>7</sup> Now it was told Saul that David had come to Keilah. And Saul said, "God has given him into my hand, for he has shut himself in by entering a town that has gates and bars."<sup>8</sup> And Saul summoned all the people to war, to go down to Keilah, to besiege David and his men. <sup>9</sup> David knew that Saul was plotting harm against him. And he said to Abiathar the priest, "Bring the ephod here."<sup>10</sup> Then David said, "O LORD, the God of Israel, your servant has surely heard that Saul seeks to come to Keilah, to destroy the city on my account. <sup>11</sup> Will the men of Keilah surrender me into his hand? Will Saul come down, as your servant has heard? O LORD, the God of Israel, please tell your servant." And the Lord said, "He will come down."<sup>12</sup> Then David said, "Will the men of Keilah surrender me and my men into the hand of Saul?" And the LORD said, "They will surrender you."<sup>13</sup> Then David and his men, who were about six hundred, arose and departed from Keilah, and they went wherever they could go. When Saul was told that David had escaped from Keilah, he gave up the expedition.

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# LESSON 2:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE?

**As we seek God’s will to walk onto His path of overcoming and deliverance, what are we needing to seek? What does this mean practically? Why is this so important to following God?**

### **Read John 3:16–21:**

For God So Loved the World

<sup>16</sup>“For God so loved the world,<sup>[a]</sup> that he gave his only Son, that whoever believes in him should not perish but have eternal life. <sup>17</sup> For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. <sup>18</sup> Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God. <sup>19</sup> And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. <sup>20</sup> For everyone who does wicked things hates the light and does not come to the light, lest his works should be exposed. <sup>21</sup> But whoever does what is true comes to the light, so that it may be clearly seen that his works have been carried out in God.”

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**Describe the process of how David handled conflict and Saul coming after him, especially since he could have taken things into his own hands by serving justice himself. What did God teach him, and why was this so important to learn as we experience conflict all the time?**

### **Read 1 Samuel 24:1–22:**

David Spares Saul's Life

**24** <sup>[a]</sup> When Saul returned from following the Philistines, he was told, “Behold, David is in the wilderness of Engedi.” <sup>2</sup> Then Saul took three thousand chosen

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men out of all Israel and went to seek David and his men in front of the Wildgoats' Rocks. <sup>3</sup> And he came to the sheepfolds by the way, where there was a cave, and Saul went in to relieve himself.<sup>[b]</sup> Now David and his men were sitting in the innermost parts of the cave. <sup>4</sup> And the men of David said to him, "Here is the day of which the LORD said to you, 'Behold, I will give your enemy into your hand, and you shall do to him as it shall seem good to you.'" Then David arose and stealthily cut off a corner of Saul's robe. <sup>5</sup> And afterward David's heart struck him, because he had cut off a corner of Saul's robe. <sup>6</sup> He said to his men, "The LORD forbid that I should do this thing to my lord, the Lord's anointed, to put out my hand against him, seeing he is the Lord's anointed."<sup>7</sup> So David persuaded his men with these words and did not permit them to attack Saul. And Saul rose up and left the cave and went on his way.

<sup>8</sup> Afterward David also arose and went out of the cave, and called after Saul, "My lord the king!" And when Saul looked behind him, David bowed with his face to the earth and paid homage. <sup>9</sup> And David said to Saul, "Why do you listen to the words of men who say, 'Behold, David seeks your harm'?" <sup>10</sup> Behold, this day your eyes have seen how the LORD gave you today into my hand in the cave. And some told me to kill you, but I spared you.<sup>[c]</sup> I said, 'I will not put out my hand against my lord, for he is the Lord's anointed.' <sup>11</sup> See, my father, see the corner of your robe in my hand. For by the fact that I cut off the corner of your robe and did not kill you, you may know and see that there is no wrong or treason in my hands. I have not sinned against you, though you hunt my life to take it. <sup>12</sup> May the LORD judge between me and you, may the LORD avenge me against you, but my hand shall not be against you. <sup>13</sup> As the proverb of the ancients says, 'Out of the wicked comes wickedness.' But my hand shall not be against you. <sup>14</sup> After whom has the king of Israel come out? After whom do you pursue? After a dead dog! After a flea! <sup>15</sup> May the LORD therefore be judge and give sentence between me and you, and see to it and plead my cause and deliver me from your hand."

<sup>16</sup> As soon as David had finished speaking these words to Saul, Saul said, "Is this your voice, my son David?" And Saul lifted up his voice and wept. <sup>17</sup> He said to David, "You are more righteous than I, for you have repaid me good, whereas I have repaid you evil. <sup>18</sup> And you have declared this day how you have dealt well with me, in that you did not kill me when the Lord put me into your hands. <sup>19</sup> For if a man finds his enemy, will he let him go away safe? So may the Lord reward you with good for what you have done to me this day. <sup>20</sup> And



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now, behold, I know that you shall surely be king, and that the kingdom of Israel shall be established in your hand.<sup>21</sup> Swear to me therefore by the Lord that you will not cut off my offspring after me, and that you will not destroy my name out of my father's house."<sup>22</sup> And David swore this to Saul. Then Saul went home, but David and his men went up to the stronghold.

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**As you process through this next set of two verses, identify the important truths of what God speaks about how to respond when people continually oppose and hurt you. How are we to live these out in our practical lives? What is the result for us if we do?**

### Read Romans 12:9–21:

#### Marks of the True Christian

<sup>9</sup> Let love be genuine. Abhor what is evil; hold fast to what is good. <sup>10</sup> Love one another with brotherly affection. Outdo one another in showing honor. <sup>11</sup> Do not be slothful in zeal, be fervent in spirit,<sup>[a]</sup> serve the Lord. <sup>12</sup> Rejoice in hope, be patient in tribulation, be constant in prayer. <sup>13</sup> Contribute to the needs of the saints and seek to show hospitality.

<sup>14</sup> Bless those who persecute you; bless and do not curse them. <sup>15</sup> Rejoice with those who rejoice, weep with those who weep. <sup>16</sup> Live in harmony with one another. Do not be haughty, but associate with the lowly.<sup>[b]</sup> Never be wise in your own sight. <sup>17</sup> Repay no one evil for evil, but give thought to do what is honorable in the sight of all. <sup>18</sup> If possible, so far as it depends on you, live peaceably with all. <sup>19</sup> Beloved, never avenge yourselves, but leave it<sup>[c]</sup> to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."<sup>20</sup> To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head."<sup>21</sup> Do not be overcome by evil, but overcome evil with good.

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## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE?

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### Read Genesis 12:1–3:

#### The Call of Abram

**12** Now the Lord said<sup>[a]</sup> to Abram, “Go from your country<sup>[b]</sup> and your kindred and your father’s house to the land that I will show you. <sup>2</sup> And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. <sup>3</sup> I will bless those who bless you, and him who dishonors you I will curse, and in you all the families of the earth shall be blessed.”<sup>[c]</sup>

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# LESSON 2:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE?

**As we are seeking God to provide overcoming and deliverance through prayer, what does God remind us, and what does He call us to receive and live out? Why is this so important to Him overcoming, and what is the primary benefit to us?**

**Read Mark 11:20–25:**

The Lesson from the Withered Fig Tree

<sup>20</sup> As they passed by in the morning, they saw the fig tree withered away to its roots. <sup>21</sup> And Peter remembered and said to him, “Rabbi, look! The fig tree that you cursed has withered.” <sup>22</sup> And Jesus answered them, “Have faith in God. <sup>23</sup> Truly, I say to you, whoever says to this mountain, ‘Be taken up and thrown into the sea,’ and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. <sup>24</sup> Therefore I tell you, whatever you ask in prayer, believe that you have received<sup>[a]</sup> it, and it will be yours. <sup>25</sup> And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.”<sup>[b]</sup>

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# LESSON 3:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE, INCLUDING WHEN WE FAIL? (CONT.)



**"God is the One who overcomes and delivers."**

Though David had learned that "Vengeance is Mine, sayeth the Lord," what happened in this situation that he responded differently? What caused him to respond this way? What did God do for David in this situation? Why? What was the benefit to David?

### Read 1 Samuel 25:2–44:

<sup>2</sup> And there was a man in Maon whose business was in Carmel. The man was very rich; he had three thousand sheep and a thousand goats. He was shearing his sheep in Carmel. <sup>3</sup> Now the name of the man was Nabal, and the name of his wife Abigail. The woman was discerning and beautiful, but the man was harsh and badly behaved; he was a Calebite. <sup>4</sup> David heard in the wilderness that Nabal was shearing his sheep. <sup>5</sup> So David sent ten young men. And David said to the young men, "Go up to Carmel, and go to Nabal and greet him in my name. <sup>6</sup> And thus you shall greet him: 'Peace be to you, and peace be to your house, and peace be to all that you have. <sup>7</sup> I hear that you have shearers. Now your shepherds have been with us, and we did them no harm, and they missed nothing all the time they were in Carmel. <sup>8</sup> Ask your young men, and they will tell you. Therefore let my young men find favor in your eyes, for we come on a feast day. Please give whatever you have at hand to your servants and to your son David.'"

<sup>9</sup> When David's young men came, they said all this to Nabal in the name of David, and then they waited. <sup>10</sup> And Nabal answered David's servants, "Who is David? Who is the son of Jesse? There are many servants these days who are breaking away from their masters. <sup>11</sup> Shall I take my bread and my water and my meat that I have killed for my shearers and give it to men who come from I do not know where?" <sup>12</sup> So David's young men turned away and came back and told him all this. <sup>13</sup> And David said to his men, "Every man strap on his sword!" And every man of them strapped on his sword.

# LESSON 3:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE, INCLUDING WHEN WE FAIL? (CONT.)

David also strapped on his sword. And about four hundred men went up after David, while two hundred remained with the baggage.

<sup>14</sup> But one of the young men told Abigail, Nabal's wife, "Behold, David sent messengers out of the wilderness to greet our master, and he railed at them. <sup>15</sup> Yet the men were very good to us, and we suffered no harm, and we did not miss anything when we were in the fields, as long as we went with them. <sup>16</sup> They were a wall to us both by night and by day, all the while we were with them keeping the sheep. <sup>17</sup> Now therefore know this and consider what you should do, for harm is determined against our master and against all his house, and he is such a worthless man that one cannot speak to him."

<sup>18</sup> Then Abigail made haste and took two hundred loaves and two skins of wine and five sheep already prepared and five seahs<sup>[a]</sup> of parched grain and a hundred clusters of raisins and two hundred cakes of figs, and laid them on donkeys. <sup>19</sup> And she said to her young men, "Go on before me; behold, I come after you." But she did not tell her husband Nabal. <sup>20</sup> And as she rode on the donkey and came down under cover of the mountain, behold, David and his men came down toward her, and she met them. <sup>21</sup> Now David had said, "Surely in vain have I guarded all that this fellow has in the wilderness, so that nothing was missed of all that belonged to him, and he has returned me evil for good. <sup>22</sup> God do so to the enemies of David<sup>[b]</sup> and more also, if by morning I leave so much as one male of all who belong to him."

<sup>23</sup> When Abigail saw David, she hurried and got down from the donkey and fell before David on her face and bowed to the ground. <sup>24</sup> She fell at his feet and said, "On me alone, my lord, be the guilt. Please let your servant speak in your ears, and hear the words of your servant. <sup>25</sup> Let not my lord regard this worthless fellow, Nabal, for as his name is, so is he. Nabal<sup>[c]</sup> is his name, and folly is with him. But I your servant did not see the young men of my lord, whom you sent. <sup>26</sup> Now then, my lord, as the Lord lives, and as your soul lives, because the Lord has restrained you from bloodguilt and from saving with your own hand, now then let your enemies and those who seek to do evil to my lord be as Nabal. <sup>27</sup> And now let this present that your servant has brought to my lord be given to the young men who follow my lord. <sup>28</sup> Please forgive the trespass of your servant. For the Lord will certainly make my lord a sure house, because my lord is fighting the battles of the Lord, and evil shall not be found in you so long as you live. <sup>29</sup> If men rise up to pursue you and to seek your life, the life of

# LESSON 3:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE, INCLUDING WHEN WE FAIL? (CONT.)

my lord shall be bound in the bundle of the living in the care of the Lord your God. And the lives of your enemies he shall sling out as from the hollow of a sling.<sup>30</sup> And when the Lord has done to my lord according to all the good that he has spoken concerning you and has appointed you prince<sup>[d]</sup> over Israel,<sup>31</sup> my lord shall have no cause of grief or pangs of conscience for having shed blood without cause or for my lord working salvation himself. And when the Lord has dealt well with my lord, then remember your servant.”

<sup>32</sup> And David said to Abigail, “Blessed be the Lord, the God of Israel, who sent you this day to meet me! <sup>33</sup> Blessed be your discretion, and blessed be you, who have kept me this day from bloodguilt and from working salvation with my own hand! <sup>34</sup> For as surely as the Lord, the God of Israel, lives, who has restrained me from hurting you, unless you had hurried and come to meet me, truly by morning there had not been left to Nabal so much as one male.” <sup>35</sup> Then David received from her hand what she had brought him. And he said to her, “Go up in peace to your house. See, I have obeyed your voice, and I have granted your petition.”

<sup>36</sup> And Abigail came to Nabal, and behold, he was holding a feast in his house, like the feast of a king. And Nabal's heart was merry within him, for he was very drunk. So she told him nothing at all until the morning light. <sup>37</sup> In the morning, when the wine had gone out of Nabal, his wife told him these things, and his heart died within him, and he became as a stone. <sup>38</sup> And about ten days later the Lord struck Nabal, and he died.

<sup>39</sup> When David heard that Nabal was dead, he said, “Blessed be the Lord who has avenged the insult I received at the hand of Nabal, and has kept back his servant from wrongdoing. The Lord has returned the evil of Nabal on his own head.” Then David sent and spoke to Abigail, to take her as his wife. <sup>40</sup> When the servants of David came to Abigail at Carmel, they said to her, “David has sent us to you to take you to him as his wife.” <sup>41</sup> And she rose and bowed with her face to the ground and said, “Behold, your handmaid is a servant to wash the feet of the servants of my lord.” <sup>42</sup> And Abigail hurried and rose and mounted a donkey, and her five young women attended her. She followed the messengers of David and became his wife.

<sup>43</sup> David also took Ahinoam of Jezreel, and both of them became his wives. <sup>44</sup> Saul had given Michal his daughter, David's wife, to Palti the son of Laish, who was of Gallim.

# LESSON 3:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE, INCLUDING WHEN WE FAIL? (CONT.)

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**In the following situation, in what way did Peter respond to what Jesus said was going to happen? What did Jesus say to him? What was the reason? As we are seeking to follow God, what then did Jesus say are the steps to following Him? What do these mean, and how are we then to live daily?**

### **Read Matthew 16:20–25:**

<sup>20</sup> Then he strictly charged the disciples to tell no one that he was the Christ.

#### Jesus Foretells His Death and Resurrection

<sup>21</sup> From that time Jesus began to show his disciples that he must go to Jerusalem and suffer many things from the elders and chief priests and scribes, and be killed, and on the third day be raised. <sup>22</sup> And Peter took him aside and began to rebuke him, saying, “Far be it from you, Lord!<sup>[a]</sup> This shall never happen to you.” <sup>23</sup> But he turned and said to Peter, “Get behind me, Satan! You are a hindrance<sup>[b]</sup> to me. For you are not setting your mind on the things of God, but on the things of man.”

#### Take Up Your Cross and Follow Jesus

<sup>24</sup> Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me. <sup>25</sup> For whoever would save his life<sup>[c]</sup> will lose it, but whoever loses his life for my sake will find it.

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# LESSON 3:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE, INCLUDING WHEN WE FAIL? (CONT.)

As we are following Him, what can we learn from how David? He prayed for clarity and understanding of what God was revealing to him. What truths are to be received so that we can be assured that this revelation will be fulfilled? Why is this important? What then is the expectation of God's promise to overcome and deliver us?

**Read 2 Samuel 7:25–29:**

<sup>25</sup> And now, O Lord God, confirm forever the word that you have spoken concerning your servant and concerning his house, and do as you have spoken. <sup>26</sup> And your name will be magnified forever, saying, 'The Lord of hosts is God over Israel,' and the house of your servant David will be established before you. <sup>27</sup> For you, O Lord of hosts, the God of Israel, have made this revelation to your servant, saying, 'I will build you a house.' Therefore your servant has found courage to pray this prayer to you. <sup>28</sup> And now, O Lord God, you are God, and your words are true, and you have promised this good thing to your servant. <sup>29</sup> Now therefore may it please you to bless the house of your servant, so that it may continue forever before you. For you, O Lord God, have spoken, and with your blessing shall the house of your servant be blessed forever."

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# LESSON 3:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE, INCLUDING WHEN WE FAIL? (CONT.)

As we pursue God's will, we will have lots of questions. How are we to seek answers to these questions? What does God promise as we ask? Why is this so important to our seeking God's will?

### Read 1 Kings 10:1-3:

The Queen of Sheba

**10** Now when the queen of Sheba heard of the fame of Solomon concerning the name of the LORD, she came to test him with hard questions. <sup>2</sup> She came to Jerusalem with a very great retinue, with camels bearing spices and very much gold and precious stones. And when she came to Solomon, she told him all that was on her mind. <sup>3</sup> And Solomon answered all her questions; there was nothing hidden from the king that he could not explain to her.

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# LESSON 3:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE, INCLUDING WHEN WE FAIL? (CONT.)

To discern God's will, what is the process of using our inner circle to hear, receive, and then believe what God's will is? Why is this such a privilege for us to be able to discover His will?

### Read Matthew 18:18–20:

<sup>18</sup> Truly, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed<sup>[a]</sup> in heaven. <sup>19</sup> Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. <sup>20</sup> For where two or three are gathered in my name, there am I among them."

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### Read 2 Samuel 12:

Nathan Rebukes David

**12** And the LORD sent Nathan to David. He came to him and said to him, "There were two men in a certain city, the one rich and the other poor. <sup>2</sup> The rich man had very many flocks and herds, <sup>3</sup> but the poor man had nothing but one little ewe lamb, which he had bought. And he brought it up, and it grew up with him and with his children. It used to eat of his morsel and drink from his cup and lie in his arms,<sup>[a]</sup> and it was like a daughter to him. <sup>4</sup> Now there came a traveler to the rich man, and he was unwilling to take one of his own flock or herd to prepare for the guest who had come to him, but he took the poor man's lamb and prepared it for the man who had come to him." <sup>5</sup> Then David's anger was greatly kindled against the man, and he said to Nathan, "As the LORD lives, the man who has done this deserves to die, <sup>6</sup> and he shall restore the lamb fourfold, because he did this thing, and because he had no pity."

# LESSON 3:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE, INCLUDING WHEN WE FAIL? (CONT.)

<sup>7</sup> Nathan said to David, "You are the man! Thus says the Lord, the God of Israel, 'I anointed you king over Israel, and I delivered you out of the hand of Saul. <sup>8</sup> And I gave you your master's house and your master's wives into your arms and gave you the house of Israel and of Judah. And if this were too little, I would add to you as much more. <sup>9</sup> Why have you despised the word of the LORD, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword and have taken his wife to be your wife and have killed him with the sword of the Ammonites. <sup>10</sup> Now therefore the sword shall never depart from your house, because you have despised me and have taken the wife of Uriah the Hittite to be your wife.' <sup>11</sup> Thus says the Lord, 'Behold, I will raise up evil against you out of your own house. And I will take your wives before your eyes and give them to your neighbor, and he shall lie with your wives in the sight of this sun. <sup>12</sup> For you did it secretly, but I will do this thing before all Israel and before the sun.'" <sup>13</sup> David said to Nathan, "I have sinned against the LORD." And Nathan said to David, "The Lord also has put away your sin; you shall not die. <sup>14</sup> Nevertheless, because by this deed you have utterly scorned the LORD,<sup>[b]</sup> the child who is born to you shall die." <sup>15</sup> Then Nathan went to his house.

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# LESSON 3:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE, INCLUDING WHEN WE FAIL? (CONT.)

**What did Paul learn that was significant to him following God? What does that mean to how we are to approach our lives? Why is this so important to our following God into His steps of overcoming and deliverance?**

### **Read Philippians 3:12-16:**

#### Straining Toward the Goal

<sup>12</sup> Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. <sup>13</sup> Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup> I press on toward the goal for the prize of the upward call of God in Christ Jesus. <sup>15</sup> Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. <sup>16</sup> Only let us hold true to what we have attained.

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# LESSON 3:

## WHAT ARE THE DIFFERENT ELEMENTS OF GOD PROVIDING OVERCOMING AND DELIVERANCE, INCLUDING WHEN WE FAIL? (CONT.)

**As we approach our difficult circumstances for which we need overcoming and deliverance, what does God promise? What does that mean for our expecting victory? Why?**

**Read Psalm 34:8–12:**

- <sup>8</sup> Oh, taste and see that the Lord is good!  
Blessed is the man who takes refuge in him!
- <sup>9</sup> Oh, fear the Lord, you his saints,  
for those who fear him have no lack!
- <sup>10</sup> The young lions suffer want and hunger;  
but those who seek the Lord lack no good thing.
- <sup>11</sup> Come, O children, listen to me;  
I will teach you the fear of the Lord.
- <sup>12</sup> What man is there who desires life  
and loves many days, that he may see good?

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