

### Escape from Anxiety

#### Getting Started

1. What is the most scenic roadway you have traveled on?
2. If you could change your name without any hassle, would you? What would you change your name to?

#### Digging Deeper

3. Read I Sam 29:1. The Spring of Jezreel is located in the heart of Israel. How do you think David would feel traveling right into the middle of Saul country?
4. Read I Samuel 28:25 and 29:11. How do these verses illustrate the striking difference between the lives of Saul and David? Why were they so different?
5. Read I Samuel 30:21-25. What does this passage tell us about the character of David? How can we emulate him?
6. Read I Sam 30:26-31. What does this passage tell us about the character of David? How can we emulate him?

#### Living It Out

7. How should we begin as we encourage someone who is struggling with fear?
8. What are basic, universal ways anyone can obey God while trapped in fear?
9. What part of Sun's sermon will help most with your fear?

## DAVID Warrior to Fugitive

### Escape from Anxiety

I Samuel 29:1-30:31

Satan sets traps of fear and anxiety before the people of God to catch us in depression and hopelessness. While we will all fall into these traps, the LORD does not want to leave us in fear. The Word of God calls on us to find strength in the Lord and not to be afraid. David shows us in I Samuel 29-30 how he escaped the trap of fear and found hope in the nature of his God.

**Escape from anxiety in**  
**the \_\_\_\_\_ of God**

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**Escape from anxiety by**  
**lifting your \_\_\_\_\_ in \_\_\_\_\_ to God**

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**Escape from anxiety by**  
**finding \_\_\_\_\_ in \_\_\_\_\_ God**

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**Escape from anxiety by**  
**finding \_\_\_\_\_ in \_\_\_\_\_ to God**

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