

After God's Own Heart: The Life of David

Lesson 4: Taking Refuge

“A striking thing happened to this word *refuge*. Old Testament scholar J. Gamberoni has shown that it started out as a very physical word, a geographic word: a refuge is a place to run to. But in the Psalms it ‘lost all its physical and psychological elements associated with flight, gaining in return an exclusive reference to Yaweh (God) in the sense of a fundamental decision for Yaweh over and above anything and anyone else, whether made once for all or actualized in the face of specific dangers and temptations.’”

- Eugene Peterson, *Leap Over a Wall*

Refuge Option #1 – 1 Samuel 19:11-17

- Who was David's option for refuge in this passage?
- How did that person react?
- In what ways can a spouse be a refuge?

Refuge Option #2 – 19:18-24

- Who was David's option for refuge in this passage?
- How did that person react?
- In what ways can mentor/parent figures be a refuge for us?
- How did God keep David safe in this situation?

Refuge Option #3 – 1 Samuel 20

- Who was David's option for refuge here?
- How did that person react?
- In what ways can our friends be a refuge for us?
- Notice Saul's reaction in verses 30-33. What does that tell us about Saul's mental state?

Refuge Option #4 – 1 Samuel 21

- What was David's option for refuge at this point?
- Why is that an odd choice?
- Consider David's response in verse 12. How does that differ from the way he approached Goliath?
- Notice David's action in verse 13. What does that tell us about David's options at this point?

Refuge Option #5 – 1 Samuel 22:1-2

- Where did David finally find a refuge?
- Have you ever felt the way David did in this passage?
- Who joined David at this place of refuge?
- What do you think God is doing at this point in David's life?

Our Refuge Option

- Read Psalm 142. Have you ever felt this way?
- What do we want when we seek a refuge?
- Listen to David's description of the ultimate refuge in Psalm 57.
- How can we take advantage of this refuge in our lives?