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Let's TALK



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Anxiety

1 Samuel 18:6-16

6 When the men were returning home after David had killed the Philistine, the women came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs and with timbrels and lyres. 7 As they danced, they sang:

“Saul has slain his thousands,
and David his tens of thousands.”

8 Saul was very angry; this refrain displeased him greatly. “They have credited David with tens of thousands,” he thought, “but me with only thousands. What more can he get but the kingdom?”
9 And from that time on Saul kept a close eye on David.

1 Samuel 18:6-16

¹⁰ The next day an evil spirit from God came forcefully on Saul. He was prophesying in his house, while David was playing the lyre, as he usually did. Saul had a spear in his hand ¹¹ and he hurled it, saying to himself, "I'll pin David to the wall." But David eluded him twice.

¹² Saul was afraid of David, because the LORD was with David but had departed from Saul. ¹³ So he sent David away from him and gave him command over a thousand men, and David led the troops in their campaigns. ¹⁴ In everything he did he had great success, because the LORD was with him. ¹⁵ When Saul saw how successful he was, he was afraid of him. ¹⁶ But all Israel and Judah loved David, because he led them in their campaigns.

Anxiety Carries Distrust

Peace Creates Trust

David Inspired Trust

- David brought calm to Saul by playing music (16:23)
- Saul's son Jonathan made a covenant with David (18:3)
- Saul's daughter Michal protected David (18:11)
- Saul's officers were pleased with David's command (18:5)
- The people of Israel were pleased with David (18:5)

Anxiety Causes Irrationality

Peace Stays Level-Headed

1 Samuel 24:6

[David] said to his men, “The LORD forbid that I should do such a thing to my master, the LORD’s anointed, or lay my hand on him; for he is the anointed of the LORD.”
(NIV)

1 Samuel 24:6

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(NIV)

1 Samuel 17:47

“All those gathered here will know that it is not by sword or spear that the LORD saves; for the battle is the LORD’s, and he will give all of you into our hands” (NIV)

Anxiety Courts Fear

1 Samuel 18:12-13

¹² Saul was afraid of David, because the LORD was with David but had departed from Saul. ¹³ So he sent David away from him and gave him command over a thousand men, and David led the troops in their campaigns.

Peace Calms Fear

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Jesus Is Our Peace

Jesus...

- He's the Prince of Peace (Isaiah 9)
- He's the Lord of peace (Matthew 6:25)
- He's the source of peace (John 16:33)
- He's the giver of peace (John 14:27)
- He's the restorer of peace (Romans 5:1)

Romans 5:1-5

1 Now that we have been made right with God by putting our trust in Him, **we have peace with Him**. It is because of what our Lord Jesus Christ did for us.

2 By putting our trust in God, He has given us His loving-favor and has received us. We are happy for the hope we have of sharing the shining-greatness of God. 3 We are glad for our troubles also. We know that troubles help us learn not to give up. 4 When we have learned not to give up, it shows we have stood the test. When we have stood the test, it gives us hope. 5 Hope never makes us ashamed because the love of God has come into our hearts through the Holy Spirit Who was given to us.” (NLV)

How Can You Bring Peace?



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