

GOD'S MAN - GOD'S TIME - GOD'S PLACE

"When Depression Digs In"

1 Samuel 27

INTRODUCTION:

1. 1 Samuel 26:6-25

2. **VERY IMPORTANT:** All of us sooner or later will face "Cloudy Days" & "Dark Nights."

a) **James 1:2**

3. **WOW!!!** Our focus with David is what he did after he fell in the Muck and Mire of Despondency.

a) Despondency is the feeling of profound hopelessness, dejection and gloom.

4. David had a choice to make. Which road would he take?

5. **DAVID CHOOSES THE WRONG ROAD!!!!!!**

THE JOURNEY INTO DEPRESSION

I THE REASONS FOR DEPRESSION

A. NEGATIVE SELF-TALK

1. 1 Samuel 27:1

a) "Then David said in his heart"

2. **Jeremiah 17:9**

3. The first cause of darkness and depression is thinking horizontally.

4. David came off a spiritual high sparing **SAUL TWICE**.

a) Abigail saved him from murdering Nabal. Then he marries her.

B. PESSIMISTIC THINKING

1. Vs 1

a) "Now I shall perish one day by the hand of Saul"

2. **DAVID HAS NO EXCUSE!!!** He should have known better.

a) Now he's a predictor of the future. "**I will**" - that's future.

3. A Pessimist focuses on the negative side of the future.
 - a) And that promotes WORRY!!!!
 - b) "*I will perish*"

 4. Pessimistic thinking makes one forget!!!
 - a) Samuel said David would be king. - **16:12-13**
 - b) Jonathan said that David would be king. **23:17**
 - c) Saul said that David would be king - **24:20**
 - d) Abigail said that David would be king - **25:30**

 5. **WOW!!!** What causes Pessimism???
- a) It comes from looking at ourselves.

C. REASON #3 - IRRATIONAL LOGIC

1. Vs 1c
 - a) "*There is nothing better for me than that I should escape to the land of the Philistines*".

2. But that's what Christians do.
 - a) When things get tough, they run to the WORLD for comfort.

3. **THE RATIONAL** believing mind **KNOWS** that God will never abandon us.
 - a) **DO NOT THINK FOR ONE MINUTE THAT** - God is OK with your sin.

4. We all **KNOW** David is a true believer on the inside but on the outside he looks like a Philistine.
 - a) **17:41-47**

5. **VERY IMPORTANT:** Isn't it remarkable, when we lose our way, how quickly we run in the **WRONG** direction and play into the adversaries hand.

II. THE REACH OF OUR CHOICES

1. 1 Samuel 27:2-3

2. **REMEMBER THIS!!!!** When you run the wrong way, you never go there ALONE.
 - a) Your wrong choices always has collateral damage.

3. Vs 3
 - a) "*each with his household*"

4. Why is it we think we can compromise our convictions and it not affect others around us?

5. David went to Gath!!!

a) **1 Samuel 17:44-47**

NOTICES THE CONSEQUENCES OF SINFUL CHOICES

A. **Consequence #1** - You get a false sense of security.

1. Vs 4

a) By running to Gath David felt relief!!!

2. **Hebrews 11:25**

a) "*fleeting pleasures of sin*"

B. **Consequence #2** - You advance the adversaries Agenda

1. Vs 5

. "*servant*"

2. Vs 6-7

C. **Consequence #3** - Sin will keep you longer than you wanted to stay

1. Vs 7

a) "*a year and 4 months*"

2. There is something dangerous about slipping into despondency.

a) When Abraham went down to Egypt, he stayed longer than he should have.

b) When his nephew Lot went down to Sodom he pitched his tent nearby and before long, he got sucked into the city.

c) **2 Peter 2:7-8**

3. **2 Samuel 23:1**

a) Now for a time the sweet singer of Israel was mute.

4. **Psalm 137:4**

III. LIVING A LIFE OF DECEPTION

A. A LIFE OF DUPLICITY

1. Duplicity is "**deception by pretending**"

a) You pretend to entertain one set of values, while operating from another set of values.

2. On the inside David is an Israelite indwelt by the Holy Spirit, but on the outside he's pretending to be a Philistine.

3. Vs 8-9

B. DUPLICITY LEADS TO DECEITFULNESS

1. Vs 10

a) "**Negeb**" - means "south"

2. David lied and led Achish to believe he was fighting Israelites in the south.

3. Vs 11-12

CONCLUSION: David Lost His Identity

1. **1 Samuel 29:6-8**

a) Depression sets in.

2. **1 Samuel 30:1-6**

a) Dark days of depression calls for RIGHT THINKING AND VERTICAL FOCUS