



Into the Wilderness – Understanding & Embracing the Dark Times of Your Life

Words translated as “wilderness” occur nearly 300 times in the Bible. Wilderness seasons are brutal, but God is powerfully at work in the wilderness seasons of our lives. The only question is, do we have eyes to see it?

In order for God to give us the choice whether or not to trust him, He must present us with a moment of crisis, and, since he wants us to seek help from Him, he brings us through the wilderness to remove all other help first. When we’re in a wilderness season, it’s easy to lose sight of God’s protection, provision, and preparation. We might even wonder, “How can I trust God’s goodness when I’m in this desolate place?” But remember Jesus! He went through the ultimate wilderness—the desolation and humiliation of dying under the curse of God. If that is the measure of God’s love and commitment to us, we can trust him in our own wilderness seasons. Let’s journey together!

Highland Colony Men’s Roundtable

www.MensTable.com

Wilderness: 7 Men Who Faced the Wilderness – David

October 22, 2020

A Man Understands how God uses the wilderness to shape and train.

Bible Verses: I Peter 4:1,2; I Samuel 23:14-29; Psalm 63.

Music: Psalm 63 Shane and Shane

<https://www.youtube.com/watch?v=kr5jYHKINc>

Videos: The Secret of Greatness: Eric Liddell

<https://www.youtube.com/watch?v=NaM9NbAeMiA>

Resources: *Walking with God through Pain & Suffering* by Timothy Keller.

Suffering and the Heart of God: How Trauma Destroys and Christ Restores by Diane Langberg.

Restoring the Shattered Self—A Christian’s Counselor’s Guide to Complex Trauma by Heather Davediuk Gingrich.

Into the Wilderness: David in the Wilderness.

1. _____ → David was on the run from his father-in-law, King Saul. Saul was out to kill him, so David fled into the wilderness. Now in his wilderness years, he’s a fugitive, surrounded by his band of brothers, living off the land, trying to stay out of trouble, avoiding the Philistines but not feeling welcome in his own country.
2. _____ → David models for us how to trust God and grow in faith through the wilderness. The physical wilderness creates hungers and needs that allow him to feel the deeper desires and needs of his soul. What David desires most isn’t deliverance or provision; he wants more of God’s presence.
3. _____ → David was broken and flawed. So, with all his flaws, what made David great? One could easily mention David’s courage, his loyalty, his faith, his success as a leader, musician, and warrior. David was a great man especially because he was willing to overlook others’ sin but unwilling to overlook his own.

Into the Wilderness: David in the Wilderness.

1. _____ → Journaling is a great Christian discipline that will bring growth and spiritual maturity as you journey with God! Journaling creates a moment of quiet reflection that can help you to organize your thoughts and feelings in order to become more attuned to yourself and others. In uncertain and anxiety-ridden times like these, it can be hard to put your experience into words, but once you start writing (or sketching if that’s more your scene!) you’ll discover that there is a cathartic release in trying to describe those feelings. Not only can it help you to clear your mind, it can reduce stress and anxiety and help you to see patterns about yourself that lead to healing and recovery. It also leads to improvement in memory and can help you track your personal growth.
2. How to begin:
 1. Where are You? - Physical - Emotional - Social - Spiritual
 2. What do you want/desire?
 3. What are you afraid of?
3. _____ → In **Psalm 23**, David writes of God’s rescue from death, His nearness and comfort. “Even though I walk through the valley of the shadow of death, I will fear no evil.” In **Psalm 35**, David pleads with God to defend and protect him in battle. “Draw the spear and javelin against my pursuers! Say to my soul, I am your salvation.” In **Psalm 51**, David mourns and confesses his sins of adultery and murder. “Against You, you only, have I sinned, and done what is evil in Your sight.” In **Psalm 142**, David, writing desperately from a cave after fleeing the enemy in Gath. “Attend to my cry, for I am brought very low! Deliver me from my persecutors for they are too strong for me!”

Into the Wilderness: Wilderness Lessons from David & Psalm 63.

1. _____ → He plants his trust and faith in God, whatever the circumstances might be (63:1).
2. _____ → He earnestly seeks after and looks for God like a man thirsty in the desert searches for water (63:2). He seeks God early, often, and eagerly rather than when it’s convenient, on rare occasions, or out of duty.
3. _____ → He allows his suffering, loss, absence, and needs (63:1) to stir his longings for good things again, whether it’s gathering again with God’s people (63:2) or finding God to be his source of satisfaction, sustenance, and strength (63:2-8).
4. _____ → He recalls and believes in the truths about God he has tasted in the past (63:2, 6), such as his power and glory (2), steadfast love (63:3), his help (63:7), his protection and presence as a refuge (63:7), and being upheld (63:8).
5. _____ → He chooses gratitude over grumbling and thanksgiving over complaining even though he might not choose the circumstances he’s in (63:3-4).
6. _____ → He rehearses, sings, and declares to his own heart what is true rather than listening to the doubts, whispers, and lies that swirl in the wilderness (63:1, 4).
7. _____ → He draws on God’s track-record and remembers God’s faithfulness to increase his trust today (63:6).
8. _____ → He finds refuge in God and refreshment in his presence (63:7). Like a desert wanderer looking for a damp cave or shady tree, and like a young bird looking to find safety in his mother’s wings, David runs to God rather than running from him. God is his shelter, comfort, and defender.
9. _____ → He doesn’t allow the wilderness to cause him to drift from God but to cling to him (63:8). The more desperate and dire the circumstances become the more desperate and dependent he becomes. He brings his cry to God—rather than complaining about or murmuring against God—and is confident God will deliver him from this trial (63:8-11).
10. _____ → He doesn’t allow his present circumstances to diminish his view of God but allows his big view of God (63:1-8) to give perspective to his difficult circumstances (63:9-11). The God he trusts is bigger than the trials he faces.

ACTION: Journal this!

1. How has the Wilderness been a motivation to journal?
2. Where are you? What do you want? What are you afraid of?
3. Who do you know that is in the Wilderness?

Bible Verses – The Message

1 Peter 4:1,2 - 1 Since Jesus went through everything you're going through and more, learn to think like him. Think of your sufferings as a weaning from that old sinful habit of always expecting to get your own way. **2** Then you'll be able to live out your days free to pursue what God wants instead of being tyrannized by what you want.

1 Samuel 23:14-29 - 14 David stayed in the wilderness strongholds and in the hills of the Desert of Ziph. Day after day Saul searched for him, but God did not give David into his hands. **15** While David was at Horesh in the Desert of Ziph, he learned that Saul had come out to take his life. **16** And Saul's son Jonathan went to David at Horesh and helped him find strength in God. **17** "Don't be afraid," he said. "My father Saul will not lay a hand on you. You will be king over Israel, and I will be second to you. Even my father Saul knows this." **18** The two of them made a covenant before the LORD. Then Jonathan went home, but David remained at Horesh. **19** The Ziphites went up to Saul at Gibeah and said, "Is not David hiding among us in the strongholds at Horesh, on the hill of Hakilah, south of Jeshimon? **20** Now, Your Majesty, come down whenever it pleases you to do so, and we will be responsible for giving him into your hands." **21** Saul replied, "The LORD bless you for your concern for me. **22** Go and get more information. Find out where David usually goes and who has seen him there. They tell me he is very crafty. **23** Find out about all the hiding places he uses and come back to me with definite information. Then I will go with you; if he is in the area, I will track him down among all the clans of Judah." **24** So they set out and went to Ziph ahead of Saul. Now David and his men were in the Desert of Maon, in the

Arabah south of Jeshimon. **25** Saul and his men began the search, and when David was told about it, he went down to the rock and stayed in the Desert of Maon. When Saul heard this, he went into the Desert of Maon in pursuit of David. **26** Saul was going along one side of the mountain, and David and his men were on the other side, hurrying to get away from Saul. As Saul and his forces were closing in on David and his men to capture them, **27** a messenger came to Saul, saying, "Come quickly! The Philistines are raiding the land." **28** Then Saul broke off his pursuit of David and went to meet the Philistines. That is why they call this place Sela Hammahlekoth. **29** And David went up from there and lived in the strongholds of En Gedi.

Psalms 63 - 1 You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. **2** I have seen you in the sanctuary and beheld your power and your glory. **3** Because your love is better than life, my lips will glorify you. **4** I will praise you as long as I live, and in your name I will lift up my hands. **5** I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. **6** On my bed I remember you; I think of you through the watches of the night. **7** Because you are my help, I sing in the shadow of your wings. **8** I cling to you; your right hand upholds me. **9** Those who want to kill me will be destroyed; they will go down to the depths of the earth. **10** They will be given over to the sword and become food for jackals. **11** But the king will rejoice in God; all who swear by God will glory in him, while the mouths of liars will be silenced.

"Palm 63" by Shane and Shane

<p>O God You're my God, I seek You Oh my soul it longs for You My flesh faints for You in this land This dry land where there is no drink I've looked upon You in this place Be holding your power and glory, Lord</p> <p>Because Your love is better than life is I will praise You as long as I'm alive And in the face of precious Jesus Oh my soul will be satisfied</p>	<p>O God You're my God, I seek You Oh my soul it longs for You My flesh faints for You in this land This dry land where there is no drink I've looked upon You in this place Be holding your power and glory, Lord</p> <p>You have been my help In the shadow of Your wings I'll sing for joy</p>	<p>You have been my help In the shadow of Your wings I'll sing I'll sing</p> <p>Because Your love is better than life is I will praise You as long as I'm alive And in the face of precious Jesus Oh my soul will be satisfied</p>
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Philip K. Hardin, M.A., M.Div.

Director of Business & Professional Outreach, Intl. - Licensed Marriage & Family Therapist, Licensed Professional Counselor, and Certified Life Coach
563 Johnson Avenue – Fairhope, Alabama 36532
Phone: 601-925-0707

Email: phil@bpointl.org

Webpage: www.bpointl.org