

All Cried Out!

Name three movies or characters that encourage you.

Read 1 Samuel 30:1-16

1. What emotions might have David experienced seeing Ziklag burned?
 - A. Anger.
 - B. Fear.
 - C. Confusion.
 - D. Disappointment.
 - E. Abandonment by God.
 - F. Sadness.
 - G. Rejection by God.
 - H. Loneliness.
 - I. Other.
2. Why did David's men talk of stoning him once they saw Ziklag burned?
 - A. They wanted revenge.
 - B. They were sleep deprived.
 - C. They were "hangry" and needed a Snickers.
 - D. They were mad at themselves for following David.
 - E. They were devastated.
 - F. Their hearts and spirits were broken.
 - G. They had lost their faith.
 - H. They did not want to have to rebuild Ziklag.
 - I. Other.
3. Who are the individuals you turn to when you become discouraged?
 - A. God.
 - B. Parents.
 - C. Friends.
 - D. Teacher.
 - E. Pastor.
 - F. Coach.
 - G. Church member.
 - H. Sibling.
 - I. Other.

4. How can you encourage yourself like David did when things go badly?
 - A. Listen to music.
 - B. Recall how God was faithful in the past.
 - C. Pray.
 - D. Read God's word.
 - E. Go for a nature walk.
 - F. Talk to a friend.
 - G. Sing songs that praise God.
 - H. Recite God's word and promises out loud.
 - I. Other.

5. What can you do on a daily basis to help you when hard times come?
 - A. Stay in God's word.
 - B. Serve others.
 - C. Pray daily.
 - D. Listen to encouraging music.
 - E. Keep a prayer journal.
 - F. Stay connected to spiritual friends.
 - G. Share God with family and friends.
 - H. Look for evidence of God's love in nature.
 - I. Other.

6. How do you respond when you feel let down by God?
 - A. Get mad with God.
 - B. Stop praying.
 - C. Read your Bible.
 - D. Complain and gripe against God.
 - E. Talk to a friend.
 - F. Pray and talk to God.
 - G. Stop reading your Bible.
 - H. Take a break from church.
 - I. Other

7. When you experience trials, do you act like David, or do you respond like his men and look for someone to blame?

8. Think of a time when God restored something you had lost.