



# HUDDLE: David

## Week 2 – David and Goliath

Learning to love and follow Jesus—together—by His strength,  
in every day life.



# What are huddles at Foundations?

- Groups of 3-8 people (or 3-4 couples) that meet for one hour per week at a time and location of your choosing. Larger groups should plan for 75 minutes.
- Huddles last for 8 weeks. At the end of each 8-week session, you can keep your group, add to your group or even change groups & topics.
- While gathering on Sunday is vital to spiritual growth, so is connecting with others to encourage one another, discussing what it means to follow Jesus and praying for one another. These practices are detailed in our RHYTHMS course (which is not necessary to take part in huddles, but highly recommended).



Our Mission is to bring the extraordinary life-changing message of Jesus Christ to a lost and broken world.

- Huddles are one way we prepare to do this very thing, and we can't do that unless our lives are being transformed by Him.
- Hence, the goal of every session is that you will grow more like Jesus in some small way.
- In order to do this, we will focus on God's Word, encourage one another and commit to praying for one another.
- Each week, there are individual rhythms we encourage that will help you "love and follow Jesus."
- Similarly, there are corporate rhythms that help us in our spiritual formation.
- Consistent practice of these rhythms is part of the holistic development of disciples, and this booklet is designed to touch on that development.
- This holistic framework will give structure to your meeting time.



# The individual rhythms overview (for those that haven't taken the Rhythms course):

Prayer: Talking to God and listening to Him via His Word, His Spirit-Filled people and His creation.

If you don't know how to pray, a good start is the Lord's Prayer in Matthew 5.

Abide in the Word: Reading the Bible, prayerfully, asking God to show you what He wants for you. A good practice is to read with a pen & journal to write your thoughts as He leads them.

Silence: choosing to avoid speaking in order to listen to what He might want to say to us. Another Solitude: avoidance of interaction with others in order to be alone with Him. Silence enhances this.

Reflection (especially effective at the end of the day, maybe before sleep): Take some time in stillness to experience His presence, tell God things you're thankful for, make note of where you experienced Him today—or where you didn't—and note instances of loving your "neighbor" well—or failure to do so. Ask God for what He may want for you in the day tomorrow.

Other rhythms that will likely be practiced less frequently: Fasting (food; if there's an area you are seeking specific guidance); giving joyfully (financially as an act of worship) and rest (setting aside time to enjoy your life and choosing to refrain from work)



# The corporate rhythms overview (for those that haven't taken the Rhythms course):

**Worship gathering:** A time for our family to be together to participate corporately in the rhythms of worship together.

**Participation in community:** A time to engage in huddle, as well as other forms of being together as a church family (such as concerts, conferences/classes, events, etc.)

**Lord's Supper:** A chance for our family to reflect on the person and work of Jesus and look forward in hope to His coming again in a symbol of eternal unity.

**Baptism:** A one-time action of a declaration of faith in Christ. It is our hope that everyone be baptized, as well as choosing to enjoy the celebration of others who choose to do so.

**Using your gift to serve the Body:** We have been given a gift to help the body of Christ come to maturity in faith, and we benefit by your presence.

**Having a ministry of love for neighbor:** We choose to exemplify the abundant life in order to fulfill our mission of bringing the extraordinary life of Jesus Christ to a lost and broken world.



# Overview for the Life of David

## Life of David Overview:

The topics we'll cover in the next 8 weeks are:

Last week: Names: David and Samuel (1 Sam 16:1-13)

This week: Imagination: David and Goliath (1 Sam 17)

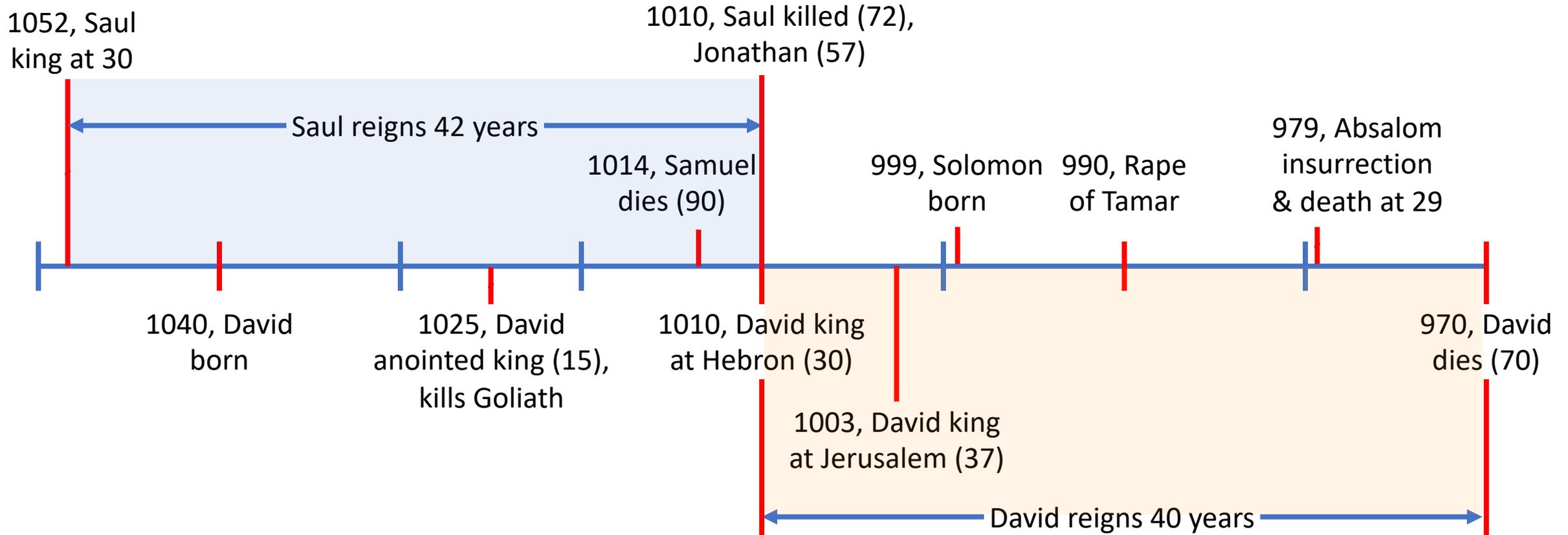
Remaining weeks:

1. Wilderness: David and En-Gedi (1 Sam 23-24)
2. Beauty: David and Abigail (1 Sam 25)
3. Grief: David in Lament (1 Sam 31, 2 Sam 1)
4. Religion: David and Uzzah (2 Sam 6)
5. Sin: David and Bathsheba (2 Sam 11-12)
6. Suffering: David and Absalom (2 Sam 16-18)

Recommended Reading:

["Leap Over a Wall" by Eugene Peterson](#)  
[Andy Stanley sermons on David \(parts 1-5\)](#)

# David Timeline





# Prayer, Day 1

- If you are comfortable praying as a conversation with God, find some focused time to do so.
  - Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
  - You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
  - If you are new to prayer, or struggle with focus, you may want to pray aloud the following prayer from St. Patrick:
    - I arise today  
Through the strength of heaven;  
Light of the sun,  
Splendor of fire,  
Speed of lightning,  
Swiftness of the wind,  
Depth of the sea,  
Stability of the earth,  
Firmness of the rock.
    - I arise today  
Through God's strength to pilot me;  
God's might to uphold me,  
God's wisdom to guide me,  
God's eye to look before me,  
God's ear to hear me,  
God's word to speak for me,  
God's hand to guard me,  
God's way to lie before me,  
God's shield to protect me,  
God's hosts to save me  
Afar and anear,  
Alone or in a multitude.
- Christ shield me today  
Against wounding  
Christ with me, Christ before me,  
Christ behind me,  
Christ in me, Christ beneath me,  
Christ above me,  
Christ on my right, Christ on my left,  
Christ when I lie down, Christ when I  
sit down,  
Christ in the heart of everyone who  
thinks of me,  
Christ in the mouth of everyone who  
speaks of me,  
Christ in the eye that sees me,  
Christ in the ear that hears me.  
I arise today  
Through the mighty strength  
Of the Lord of creation.



# Abiding in the Word, Day 1

## Read 1 Samuel 17: 1-11

### Background for the Reading:

- Goliath is nearly 7.5 feet tall. He's a veteran of many battles.
- Goliath's javelin was about six feet long, weighed 26 pounds and the spearhead weighed 15 pounds. His coat of mail weighed 125 pounds.
- Israel looked to their King (Saul) to fight Goliath because 1) he was their king and 2) he was the tallest man in Israel. Saul's credibility diminished as each day passed. And the hope that the army had in Saul slowly died. Saul was 57 years old at the time.

### Questions for Reflection:

Saul & his army had just won two military victories. Has there been a time in your life when you had achievement and now faced a new challenge? How did you respond?

Why do you think King Saul and the entire army were “dismayed and very afraid” after two victories?

# Prayer, Day 2



- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.

- If you are new to prayer, or struggle with focus, you may want to pray using the Lord's Prayer as an outline for your own words to express...

Tell God how thankful you are for the privilege of calling the King of Kings “our Father,” & that He listens and hears.

God is worthy of honor and worship

We should acknowledge that things on earth are not what they are supposed to be, and that we should ask God to be aware of His presence and strive to see what He wants this world to be. We should let others see His Kingdom by how we live.

We should be thankful that He provides our basic needs.

We should pray for forgiveness and forgive others

We should name our weaknesses and our temptations, and for the Spirit to strengthen us. We should close with praise.



# Abiding in the Word, Day 2

## Read 1 Samuel 17: 12-23

### Background for the Reading:

- David lived in a very violent time
- Ancient warfare: they fought face-to-face; get close to your opponent (in modern warfare, you fight from a distance)
- Could even smell what they ate and drank, saw fear, savagery
- Only after the battle did you know if you were wounded because of your adrenalin and the blood on you could be either yours or your opponent's.
- If you were wounded, you would likely die from an infection
- Typically, the dead would lay in the battle field where birds and animals would eat their flesh
  
- At this time, David is 15 years old
- Jesse (David's father) sends David to check up on his three brothers that serve in Saul's army.

### Questions for Reflection:

Notice that David was faithful in the little details (left his sheep with a keeper, did exactly as his dad told him, etc.). Are there areas in your life where you can serve well with excellence even if few others notice?

Since David had been anointed as future king by Samuel earlier, do you think that event affected how he viewed going to the battlefield even as he is only 15 years old? If so, in what ways?

# Prayer, Day 3



- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to pray using the ACTS method as an outline for your own words to express...
- Adoration (a time of worship): don't be afraid of "artistic expressions" here, or to use Psalms or hymns or other forms of praise.
- Confession: We all fall short and miss the mark. Confession of sin helps us our relationship to God.
- Thanksgiving: Simply tell God what you're thankful for.
- Supplication: Asking God for needs of the world, our country & leaders, our church, and anything and everything else. God wants to hear from you.



# Abiding in the Word, Day 3

## Read 1 Samuel 17: 24-30 & Psalm 25: 1-11

### Background for the Reading:

- Remember, Eliab (the oldest brother and likely the one who thought HE would be anointed as future king of Israel) likely carries a grudge against David.
- Also notice that he doesn't think much of David even as a shepherd (when we saw yesterday that he did ensure the safety of the sheep).
- Notice the bounty for the soldier who defeats Goliath: financial wealth, marriage to Saul's daughter (obvious political implications) and freedom for his entire family.

### Questions for Reflection:

Think about your family of origin dynamics. How are they similar to David & Eliab? How are they different?

When you read Psalm 25, are there things you can learn from this Psalm about who you are and Who God is? If so, what are those things?

# Prayer, Day 4



- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to pray using the breath method to pray:
- Simply take a Psalm and breathe in as you read the first line, and then exhale on the second.
- Take deep, long, slow breaths.
- Good examples are Psalm 130, but almost every Psalm can be done this way. Try to focus on the ones that focus on God and/or resonate with where you are at the moment.



# Abiding in the Word, Day 4

## Read 1 Samuel 17: 31-40

### Background for the Reading:

- David hears Goliath and instead of being angry, he's offended. He saw the situation with a clarity that no other Jew saw.
  - An enemy of Israel was an enemy of God. Goliath wasn't defying Israel, he was defying God.
  - David's perspective from a very early age was that a man or woman whose hope was in the Lord need not fear - even when there was something to be afraid of.
- David experienced God's power through him in protecting the sheep from lions and bears. David "had practiced the presence of God so thoroughly that God's word, which he couldn't literally hear, was far more real to him than the lion's roar, which he could hear. He had worshiped the majesty of God so continuously that God's love, which he couldn't see, was far more real to him than the bear's ferocity, which he could see. His praying and singing, his meditation and adoration had shaped an imagination in him that set each sheep and lamb, bear and lion into something large and vast and robust: God. His imagination was so thoroughly God-dominated that he couldn't believe what he was seeing and hearing."

### Questions for Reflection:

Notice the contrast between David & Saul regarding David's willingness to fight. Saul saw the natural. David saw the possible. Which are you most like? How does the affect your walk with Christ?

David knew himself and his abilities well, and decided to go with his sling & stones. How well do you know your strengths and weaknesses?

# Prayer, Day 5



- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to simply pray using a Psalm...they are really great prayers! Find one that you resonate with, and pray it aloud:
- Simply take a Psalm, such as Psalm 121
- Pray aloud, even if in a whisper, slowly and with concentration on the words.
- Try to be attentive to the thoughts that come to mind and discern if those may be something God is trying to tell you.



# Abiding in the Word, Day 5

## Read 1 Samuel 17: 41-50

### Background for the Reading:

- David hears Goliath and instead of being angry, he's offended. He saw the situation with a clarity that no other Jew saw.
  - An enemy of Israel was an enemy of God. Goliath wasn't defying Israel, he was defying God.
  - David's perspective from a very early age was that a man or woman whose hope was in the Lord need not fear - even when there was something to be afraid of.
- David experienced God's power through him in protecting the sheep from lions and bears. David "had practiced the presence of God so thoroughly that God's word, which he couldn't literally hear, was far more real to him than the lion's roar, which he could hear. He had worshiped the majesty of God so continuously that God's love, which he couldn't see, was far more real to him than the bear's ferocity, which he could see. His praying and singing, his meditation and adoration had shaped an imagination in him that set each sheep and lamb, bear and lion into something large and vast and robust: God. His imagination was so thoroughly God-dominated that he couldn't believe what he was seeing and hearing."

### Questions for Reflection:

David clearly saw this event as one in which he must stand up for His God. Are there areas where you see contrasts between “the world” and God? How can we model David’s mindset while maintaining His love for people?

Do you think there’s any significance to bringing five stones but only needing one? Why or why not?

# Prayer, Day 6: A Time for Reflection



Traditional time of Examen	A Few Thoughts on This Method
<p>This is a version of the five-step Daily Examen that St. Ignatius practiced.</p> <ol style="list-style-type: none"><li><b>1. Become aware of God’s presence.</b></li><li><b>2. Review the day with gratitude.</b></li><li><b>3. Pay attention to your emotions.</b></li><li><b>4. Choose one feature of the day and pray from it.</b></li><li><b>5. Look toward tomorrow.</b></li></ol>	<ol style="list-style-type: none"><li>1. Breathe &amp; slow down. Ask God to make you aware of His presence and to bring to mind moments of your day to focus on.</li><li>2. Walk through your day and give thanks for areas where you saw God “show up” and for His blessings.</li><li>3. The things you feel when you review often highlight areas where God wants you to focus and what he wants to teach you. Often this results in confession when you see your emotions out of line with walking in the Spirit.</li><li>4. Ask God to show you moments where you loved others well (or, conversely, He may bring to mind an area you didn’t). Give thanks or ask forgiveness as warranted.</li><li>5. Think through your day tomorrow and ask God what He may be calling you to do or be in the upcoming day.</li></ol>



# Abiding in the Word, Day 5

## Read 1 Samuel 17: 51-58

### Background for the Reading:

- After David kills Goliath, he instantly becomes the most popular man in Israel. And he's the most feared among the Philistines.
- David did something that King Saul failed to do because David saw something that King Saul could not see.

### Those whose hope is in the Lord

- See clearly
- Act confidently
- Walk humbly
- They recognize that they can't control outcomes because there are too many variables. So they trust in God who has control of all the variables.

### Questions for Reflection:

Notice David not only cut off Goliath's head (with Goliath's own sword, which he kept after the battle as a memento—it shows up again later in David's life) he kept it and presented it to Abner. Why do you think he did this?

(hint: think of the chaos that ensued in 52-53 and review v. 25)



# HUDDLE Check-In (1<sup>st</sup> Half-hour)

10 min	General Check-in	<p>Describe this week's:</p> <ul style="list-style-type: none"> <li>• Sleep habits</li> <li>• Dietary habits</li> <li>• Exercise habits</li> <li>• Intellectual curiosity development (keeping up with current events, artistic endeavors, learning new skills, hobbies, etc.)</li> </ul>
10 min	Emotional Check-In	<p>Using the <i>SACHET</i> wheel, describe how you're doing emotionally right now. You may want to write down some of these to pray for your huddle during the week.</p>
10 min	Rhythms Check-In	<p>Describe your experience with the individual and corporate rhythms this week.</p> <p>How can the huddle encourage you this week in these areas?</p> <p>How can you encourage the huddle this week in these areas?</p>



# Huddle Meeting: Discussion for Growth



## **10 Minutes:**

What is something you feel God truly taught you this week?

## **20 Minutes (based on 1 Samuel 17):**

How does developing a God-dominated imagination contribute to someone's becoming the man or woman God wants you to be??

In what ways do you recognize your need for a more truly "prayer-saturated" and "God-dominated" imagination as you live for God?

Regardless of your faith level, if you were to make any changes in your life based on what we read this week, what would that look like?