



# HUDDLE: David

## Week 5 – David and Lament

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 (or 90 minutes for couples) at a time and location of your choosing. Larger groups should plan for more time.
- 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)

# 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.
- 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

(What we do by ourselves)

**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.

**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

(What we do together)

- **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, and together to enjoy the celebration of those 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.



# Day 1: David Huddle (Week 5, David & Lament)

Pray	10 min	
Time in the Word	10 min	Read: <input type="checkbox"/> 1 Samuel 31 <input type="checkbox"/> Day 1 Insights (next slide)
Silence		How is God directing your thoughts today?
Solitude		Have you intentionally gotten away to be alone (including technology/social media)?
Reflection	10 min	Be still to experience His presence <ul style="list-style-type: none"><li>• What were you thankful for today?</li><li>• Where did you experience His presence today (or not)?</li><li>• How did you love your “neighbor” today?</li><li>• What do you want His perspective on for tomorrow?</li></ul>

# 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 Paul's letter to the Colossians:
- If you are new to prayer, or struggle with focus, you may want to pray using Paul's prayer of thanksgiving for others as an example (Colossians 1:3-12): You can use this to pray for yourself and for others.
  - Be thankful for their faith and changed lives (1:3-4).
  - Ask God to help them know what He wants them to do (1-9).
  - Ask God to give them deep, spiritual understanding (1:9).
  - Ask God to help them live for Him (1:10).
  - Ask God to give them more understanding/knowledge of Himself (1:10).
  - Ask God to give them strength and patience for endurance (1:11).
  - Ask God to fill them with joy, strength and thankfulness (1:11,12).

# Day 1: David Huddle (Week 5, David & Lament)



## **Background/Insight:**

We all have seasons of grief. Grief comes from loss - either of a loved one or some devastating and wounding event that takes something or someone dear from us. In our culture, we're encouraged to go from hurt to resolution (closure) as quickly as possible.

We're instructed to make as little of it as we can. But is that the best approach? God's approach? It's unbiblical and inhuman. As Peterson says, "denial and distraction are the standard over-the-counter prescriptions of our culture for dealing with loss".

David gives us a solid example of how to handle grief in a Godly way. We must never get over it as soon as possible and make as little of it as we can.



# Day 2: David Huddle (Week 5, David & Lament)

Pray	10 min	
Time in the Word	10 min	Read: <input type="checkbox"/> 2 Samuel 1: 1-16 <input type="checkbox"/> Day 2 Insights (next slide)
Silence		How is God directing your thoughts today?
Solitude		Have you intentionally gotten away to be alone (including technology/social media)?
Reflection	10 min	Be still to experience His presence <ul style="list-style-type: none"><li>• What were you thankful for today?</li><li>• Where did you experience His presence today (or not)?</li><li>• How did you love your “neighbor” today?</li><li>• What do you want His perspective on for tomorrow?</li></ul>

# 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.

# Day 2: David Huddle (Week 5, David & Lament)



## **Background/Insight:**

What is a lament? A lament is a prayer to God - releasing an emotion of mourning that is heard beyond human ears.

Seventy percent of the Psalms are laments. These came largely from David's prayer life. David faced death, loss and disappointment repeatedly throughout his life. He didn't avoid or deny these circumstances, but faced them head on - and prayed for everything.

David's lament (expressed grief) over the deaths of Saul and Jonathan shows us the depth of his healthy human spirit as he dealt honestly and prayerfully with the devastating loss and all of his corresponding emotions.

David lamented because he cared. Life matters because it's God-given, Spirit-blessed, Christ-redeemed. It's not to be trivialized, as in today's culture. It's not just 'news'.

Why did David grieve over Saul? Saul hated David. He wanted him dead! But David recognized that God anointed Saul, which far outweighed anything that Saul did (or attempted) to David.



# Day 3: David Huddle (Week 5, David & Lament)

Pray	10 min	
Time in the Word	10 min	Read: <input type="checkbox"/> 2 Samuel 1: 17-27 <input type="checkbox"/> Day 3 Insights (next slide)
Silence		How is God directing your thoughts today?
Solitude		Have you intentionally gotten away to be alone (including technology/social media)?
Reflection	10 min	Be still to experience His presence <ul style="list-style-type: none"><li>• What were you thankful for today?</li><li>• Where did you experience His presence today (or not)?</li><li>• How did you love your “neighbor” today?</li><li>• What do you want His perspective on for tomorrow?</li></ul>

# 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.

# Day 3: David Huddle (Week 5, David & Lament)



## Background/Insight:

From “The 4 Basics of Lament”: <https://www.crossway.org/articles/the-4-basics-of-lament/>, July 14, 2020 by [Mark Vroegop](#):

Lament comes from a reflection of deep disappointment and lingering hurt. Lament declares the applicability of God’s promises by asking again and again for divine help. Repeated requests become hopeful reminders of what God can do. Asking boldly serves to strengthen our resolve to not give up. Lament is a prayer that leads to trust. Even though hope feels distant, lamenters reach out to God.

Laments often have four elements: turning to God, complaining, asking, and trusting. This framework provides the structure for talking to God and praying about the brokenness of the world.

**Turning to God:** Lament talks to God even if it’s messy. This requires faith. Lament prays through hardship. Consider the gut-level honesty of [Psalm 77](#).

**Complaint:** Biblical complaint vocalizes circumstances that do not seem to fit with God’s character or his purposes. While the psalmist knows God is in control, there are times when it feels like he’s not. When it seems that injustice rules the day, lament invites us to talk to God about it. Instead of stuffing our struggles, lament gives us permission to verbalize the tension. [Psalm 13](#) wrestles with why God isn’t doing more. Biblical complaining is not venting your sinful anger - it’s telling God about your struggles.

**Ask:** Asking seeks more than relief; it yearns for the deliverance that fits with God’s character. Godly lamenters keep asking even when the answer is delayed.

**Trust:** Confidence in God’s trustworthiness is the destination of all laments. Laments lead us through our sorrows so that we can trust God and praise him. This is how [Psalm 13](#) concludes.



# Day 4: David Huddle (Week 5, David & Lament)

Pray	10 min	
Time in the Word	10 min	Read: <input type="checkbox"/> Psalm 55: 1-15 <input type="checkbox"/> Day 4 Insights (next slide)
Silence		How is God directing your thoughts today?
Solitude		Have you intentionally gotten away to be alone (including technology/social media)?
Reflection	10 min	Be still to experience His presence <ul style="list-style-type: none"><li>• What were you thankful for today?</li><li>• Where did you experience His presence today (or not)?</li><li>• How did you love your “neighbor” today?</li><li>• What do you want His perspective on for tomorrow?</li></ul>

# 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.

You can also do this with just one verse of Scripture, and 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.

# Day 4: David Huddle (Week 5, David & Lament)



## Background/Insight:

David's grief for Jonathan is much more understandable. David loved Jonathan. They brought out the best in each other. They had made a covenant together.

What is a covenant?

- The word "covenant" appears 280 times in the Old Testament and 33 times in the New Testament.
- The term is of Latin origin (con venire) and means coming together.
- It involves typically two (or more) parties coming together to make a contract, agreeing on promises, stipulations, privileges and responsibilities.
- It's used in political situations (treaties), can a life-long marriage agreement, a unilateral bond between God and man or a bilateral agreement with lifelong friends.
- A covenant between God and man is one-way: God initiates the covenant and establishes the terms. Man's role is as the recipient - accepting the terms and receiving the results that God, by oath, assures will not be withheld.
- Covenants can be informal (verbal) or written. Once established, covenants are not to be altered or annulled (though often are as one of the parties fails to fulfill their commitment(s)).



# Day 5: David Huddle (Week 5, David & Lament)

Pray	10 min	
Time in the Word	10 min	Read: <input type="checkbox"/> Psalm 55: 15-23 <input type="checkbox"/> Day 5 Insights (next slide)
Silence	10 min	How is God directing your thoughts today?
Solitude		Have you intentionally gotten away to be alone (including technology/social media)?
Reflection		Be still to experience His presence <ul style="list-style-type: none"><li>• What were you thankful for today?</li><li>• Where did you experience His presence today (or not)?</li><li>• How did you love your “neighbor” today?</li><li>• What do you want His perspective on for tomorrow?</li></ul>

# 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 choose a Psalm, 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.

# Day 5: David Huddle (Week 5, David & Lament)



## **Background/Insight:**

Peterson: "Lament notices and attends, savors and delights - details, images, relationships. Pain entered into, accepted, and owned can become poetry. It's no less pain, but it's no longer ugly. Poetry is our most personal use of words; it's our way of entering experience, not just watching it happen to us, and inhabiting it as our home."

David instructed that the people learn and memorize his lament - to inhabit it as their experience (2 Samuel 1:18). They were to teach each other how to take the waves of pain in life seriously - not to diminish them, but to let them deepen them.

Peterson: "Being separated from the one you love isn't the worst thing. Death isn't the worst thing. The worst thing is failing to deal with the reality of becoming disconnected from what is actual."



# Day 6: David Huddle (Week 5, David & Lament)

Pray	10 min	
Time in the Word	10 min	Read: <input type="checkbox"/> Psalm 77 <input type="checkbox"/> Day 6 Insights (next slide)
Silence	10 min	How is God directing your thoughts today?
Solitude		Have you intentionally gotten away to be alone (including technology/social media)?
Reflection		Be still to experience His presence <ul style="list-style-type: none"><li>• What were you thankful for today?</li><li>• Where did you experience His presence today (or not)?</li><li>• How did you love your “neighbor” today?</li><li>• What do you want His perspective on for tomorrow?</li></ul>

# 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>

# Day 6: David Huddle (Week 5, David & Lament)



## **Background/Insight:**

David's encounter with Saul and Jonathan's deaths represents the mid-point of David's life and story. For David, lament is a bridge from life to death to life. A failure to lament is a failure to connect.

In our stories we mustn't attempt to get ahead of the plot - skip the hard parts, erase the painful parts, detour the disappointments. Lamenting helps us make the most of our loss without getting bogged down in it. It's the primary way of staying in the story. God delights in our poetry.



# Day of Huddle



# 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? How can you encourage the huddle this week in these areas?</p>





# HUDDLE Discussion

## Discussion Questions:

1. What deep grief have you experienced in your life?
2. Where did God fit into the experience of grief for David?

Peterson: “David lamented because he cared. David lamented because he was willing and able to bring his total attention to the fact of death. Because David lamented with this lamentation recorded in 2 Samuel 1, we have access to an aspect of experience that’s absolutely essential if we’re going to live God-responsively, live God-abundantly” (p115)

3. What is so crucial about developing the ability to give total attention to the fact of death?

“Death isn’t the worst thing. The worst thing is failing to deal with reality and becoming disconnected from what is actual. The worst thing is trivializing the honorable, desecrating the sacred. What I do with my grief affects the way you handle your grief; together we form a community that deals with death and other loss in the context of God’s sovereignty, which is expressed finally in resurrection.” (p120)

4. Because grief is inevitable, what has been your way of responding to these experiences? Has this study confirmed or challenged the way you face death? In what ways?



# HUDDLE Discussion

## **Conclusion/Take-away(s):**

- What are your take-aways from this story of David? How do you think God wants you to apply this story for yourself?
- Pray that God reveals His message and will for you from this chapter in David's life.