

Decisions from Discouragement

Chapters 24 & 26 tell the story of how David spared Saul's life on 2 occasions. It appears that David was hoping (falsely) that his virtue toward Saul would somehow change him and make everything alright. David believed that if he tried hard enough and was good enough, he could fix his problems and create the ideal situation. His failure to do so after so long and so many attempts finally resulted in him becoming discouraged with God's plan. He makes a bad decision to escape the pressure based on his despair.

Vs 1	Discussion about Disappointment
Vs 1	Discouraged and Despair
Vs 2-3	Decision to Depart
Vs 5-12	Deception

Vs 1 – David's Discussion with Himself about Disappointment

David said – **amar** – to speak to say words – to himself – inner dialogue

- a. The bible shows us the inner workings of David's mind – his inner dialogue
- b. The mind of man produces thought in at least 2 ways
 - Seeing – visualizing what you are thinking about
 - Saying – verbalizing with yourself what you are thinking about
- c. The mechanisms of the mind have no virtue or lack thereof in themselves – just the mechanics
- d. The virtue of thought is in the content of thought
 - Truth – visualize and tell yourself the truth
 - Lie – visualize and tell yourself a lie
- e. David told himself a lie and believed it, causing him to make a bad decision
- f. David's lie was the result of discouragement because of the failure of his false hope
 - False hope – he could change Saul's mind and fix the problem
 - False hope – that he could turn back the clock and have everything as it was before
 - David was disappointed and discouraged because he couldn't make his life work as he wanted it

Vs 1 – Discouraged and Despair

I will be destroyed – Saul will kill me – David deceives himself by believing this lie – despair – 1Sam 16:13

- a. When the Christian becomes discouraged and falls into despair, it is because of believing lies
- b. David was disappointed with the results & decided to stop believing God would provide and protect him
- c. He decided to solve the problem himself – Saul will give up his search – It was David who gave up
- d. His disappointment opened the door to discouragement and despair – descending journey
- e. David could have remembered the promise of his anointing and been encouraged by God's provision
- f. David's choice to become discouraged and despair led him to make a very bad decision

Vs 2-3 – Decision to Depart

David, 600 men and his family left to the land of the Philistines

- a. David's sin of despair and failure of faith led him to a bad decision – human solution
- b. David decided to escape the pressure of being the Lord's anointed under persecution
- c. David became weary under the pressure – discouraged because he couldn't alleviate it
- d. David sought refuge with the enemies of God – influenced 600 men and his family to do the same
- e. David ended up depending upon and helping the enemies of God – Philistines
- a. David's fear was death – God has defeated death
- b. David's fear of death was unfounded – even if he died, God would have brought him back to life

Vs 5-12 – Deception

David led Achish to believe he was raiding Israel; left nobody alive so they could not reveal his duplicity

- a. David's discouragement and bad decision ended up in him living a life of deception
- b. David deceived his new boss and then went to extreme measures to cover his tracks
- c. David will use the same methods in the future to cover his tracks with Bathsheba
- d. Decision/discouragement are an escape from the battle and a way of giving up

Discouragement

A. There is a distinction between disappointment/grief and discouragement/despair

- Disappointment occurs when a desire or goal is not obtained – adjustment to goals
- Grief occurs when a cherished person, goal or object is lost – 1Thes 4:13-18
- Discouragement occurs when adversity leads us to stop trusting God and His word – Col 3:21
- Despair means to give up faith in the Lord and hope in His plan – 2Cor 4:8

B. Discouragement/despair is the result of faulty expectations – false hope

- False beliefs → false hope → reality → disappointment/grief → discouraged/despair → bad decisions
- David has false expectations regarding Saul – can't change him or the situation
- When all of his efforts don't bring about the expected results, he gives up hope and despairs
- False belief – God's plan was for David and Saul to reconcile – David reinstated – wife, position, etc
- False expectations – his virtuous sparing of Saul's life would convince him to relent – sincerity
- Reality – nothing was going to change Saul's heart – he would never give up trying to kill David
- Disappointment / grief – appropriate thoughts and feelings about the loss of his previous life
- Discouraged / despair – David stopped trusting God and was unwilling to adjust his expectations
- He made bad decisions to escape and deceive based on his false thinking – I have to escape

C. Discouragement is a departure from faith in the Sovereignty, love and goodness of God.

- Rom 8:28-39 – God causes all things to become divine good; If God is for us who can be against us?
- Num 32:8-10 – Exodus generation saw the challenges of the land & became discouraged – God's anger
- Isa 42:4 – Messiah would not become discouraged even in the face of ultimate conflict
- Col 3:21 – sinful response of abused children – give up - wrong thinking about their parent

D. Christians should never make decisions based on discouragement/despair

- Discouragement / despair is a state of sin, lack of faith and defeat – position of weakness
- No good decision is ever based on defeated reasoning – God is never defeated
- David decides to protect himself rather than trust God to protect him – sin of self protection
- David's discouraged decision led him to become an ally of the enemies of God
- David's decision also led others into the enemies camp

E. Bel's can recover from discouragement, despair and bad decisions

- Discouragement/despair are defeated by un-attaching your faith from the lie & then re-attaching your faith to the truth of God's word.
- Believing the lie is what discouraged you and believing the truth is what will encourage you
- Eph 4:22-24 – take off the old – believing lies – put on the new – truth
- Reject the lie and embrace the truth of the hope we have in Christ
- Once you gain victory over discouragement, then make good decisions from a position of strength