

LIFE LESSONS FROM DAVID, 2 Sam 11, 10/10/21

- **Exhausted**- The adrenaline is wearing off. Running out of physical & emotional energy, leading to...
- **Relapse**- You act out, returning to the place you swore you'd never return.

1. **PROCESS IN THE MOMENT** (& journal at night, adapted Ruthie Delk, Craving Grace)

Event- what happened? *Can include God speaking to you thru His Word, people, circumstances, etc.	Emotion- be honest, what are you feeling?
Emotional lie- what you really believe	Why I believe it...
How does the emotional lie affect the way I view...	
Others...	Circumstances...
Myself...	God...
What is the true truth?	
How would the true truth affect the way I view...	
Others...	Circumstances...
Myself...	God...

2. **DEAL WITH THE PAST- MY 10 WORST MOMENTS** (Adapted Conquer Series, p 69)

10 WORST MOMENTS	VOWS & EMOTIONAL LIES	WHAT'S JESUS SAYING TO YOU NOW- TRUE TRUTH
Ex- My parent's divorce	I'll never trust anyone, never get married.	I'm with you. You can trust me. I'll protect you.
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

- Any themes or connections with your hurts and vows?
- How does this impact your triggers, temptation level?

❖ **WHAT'S GOD SAYING TO YOU?** – write it down, pray it back, share it with others!

GETTING OUR FEET WET

DIVING INTO SCRIPTURE- 2 Samuel 11

➤ WHAT DID DAVID KNOW?

1. **THE TEN COMMANDMENTS**- -You shall not commit adultery- Exodus 20
2. **THE PURPOSE**- Affirm God's beautiful gift of married sex- Gen 1,2, Pro 5, 2Tim 2
 - For companionship, kids, pleasure, power to protect & provide, advancing the kingdom
 - Testosterone is not just for pleasure, but for power to protect & provide
3. **THE PENALTY**- Dt 22
 - Sex before marriage- \$35,000 to dad, marry, never divorce
 - Illicit sex after marriage- death
4. **THE PREVENTATIVES**
 - Lev 18- don't get naked, lie with or emit seed or face judgement as a Canaanite
 - Lev 15- emit seed, take a bath or be unclean- subject to death
5. **THE PSALMS & PROVERBS**
 - Ps 119⁹ How can a young person stay on the path of purity? By living according to your word.¹⁰ I seek you with all my heart; do not let me stray from your commands.¹⁸ Open my eyes that I may see wonderful things in your law. ³⁷ Turn my eyes away from worthless things; preserve my life according to your word. ¹⁴⁸ My eyes stay open through the watches of the night, that I may meditate on your promises.
 - Proverbs 6²⁰ My son, keep your father's command and do not forsake your mother's teaching. ²¹ Bind them always on your heart; fasten them around your neck. ²² When you walk, they will guide you; when you sleep, they will watch over you; when you awake, they will speak to you. ²³ For this command is a lamp, this teaching is a light, and correction and instruction are the way to life, ²⁴ keeping you from your neighbor's wife, from the smooth talk of a wayward woman.

➤ WHAT LED TO DAVID'S DOWNFALL?

1. "In the spring...when kings go off to war"- NO S _____
2. "One evening"- The T _____
3. "Got up from his bed and walked around on the roof of his palace"- The P _____
4. "He saw a woman bathing & she was very beautiful"- The S _____
5. "He sent someone to find out about her"- The T _____
6. "Isn't this Bathsheba, Eliam's daughter, Uriah's wife?"- The W _____ i
7. David's P _____
 - Behavior- 2 Sam 5:13-16, 20:3
 - Emotions- 1 Sam 15-16

TAKING IT HOME

1. GET STRUCTURE
 - a. Get rid of all pornography in your house, car, work, etc.
 - b. Protect your devices- Get a filter- and an accountability partner like Covenant Eyes, parental controls on the cable, etc.
 - c. Get an accountability partner- "battle buddy"- hi, low & buffalo – how can I pray for you?
 - d. Journal- tell God your struggles, involve Him daily and in the moment
 - e. Build your marriage- communicate (30 min/day), cuddle (10 min), consummate (1-2x/wk)

- f. See Pastor Ken for the Conquer Video Series- excellent on attaining & maintaining sexual purity- the battle for our souls. Good for parents to teach their children.
- g. Be patient- it usually takes 6 months to stop the habit and 2-5 years to heal the brain.

2. PREPARE FOR THE EVENING BATTLE (Conquer Series, Vol 1, p. 36)
 - a. Turn off all electronic devices 30 minutes before you go to sleep
 - b. Spend 10 minutes breathing deeply- this calms the limbic system, your "heart" (emotion, pleasure, memory)
 - c. Spend 20 minutes with Jesus- pray, read, meditate, journal
3. KNOW WHEN YOU'RE GETTING TRIGGERED – "FASTER Scale" (Conquer Series, p. 44)

At Peace- settled, accepting life on God's terms with trust, vulnerability, gratitude. Where we want to be! Accepting what we can't change, courageously changing what we can, with the wisdom to know the difference.

- **F**orgetting priorities- because we're starting to stress, distrust God and take things into our own hands, we forget our purpose and priorities
 - Love God- love, obey, rely, devotions (Lord)
 - Save Souls- pray, witness, serve (pws)
 - Grow believers- serve, attend, link-up, tithe (salt)
 - Socially- family, friends, work, neighbor, needy (ffwnn)
 - Physically- possessions, health (sleep, diet, exercise), hobbies, time (Sabbath), talents (phhtt)
- **A**nxiety- fear, stress, (HALT- hungry, angry, lonely tired) leads to selfishness-self-protection. Emotions begin to control us. The further down the "Faster Scale" the more we become emotionally reactive, leading to...
- **S**peeding Up- Trying harder to outrun the anxiety, while feelings of depression, unworthiness, inadequacy, abandonment start to surface, leading to...
- **T**icked off- Now we're angry, enjoying the protection and adrenaline high of aggressive attitudes and behaviors leading to...