

David: A Study of 1+2 Samuel
Help Beyond Ourselves

Wyatt Martin // February 1, 2026
1 Samuel 24 & 26

Big Idea: God helps those who don't help themselves.

"God helps those who help themselves." – Aesop

Literary Sandwich:

- A. 1 Samuel 24: David spares Saul's life**
- B. 1 Samuel 25: David almost kills Nabal's family**
- C. 1 Samuel 26: David spares Saul's life again**

1 Samuel 24:1-11, 16-17, 20-22

God is going to allow opportunities he doesn't want you to take.

Every test from God is an invitation to grow in trust.

1 Samuel 26:23-24

Message Questions

We're in a year-long journey through the books of 1 and 2 Samuel, tracing the rise, reign, and legacy of Israel's most famous king. We'll see the story of how God works through real people with real flaws to accomplish his purposes. This week we are in **1 Samuel 24 and 26**, and the big idea is: God helps those who don't help themselves.

Use these questions to discuss the message from Sunday, focusing on how you can **grow** as an everyday follower of Jesus and how you can **go** accomplish what Jesus calls you to do.

1. Have someone read **1 Samuel 24:3-7**. David's men interpret Saul's vulnerability as a "God-given" opportunity to strike, yet David's conscience bothers him just for cutting off a corner of Saul's robe. Why is it so easy to mistake a convenient circumstance for God's will, and what does David's reaction teach us about respecting what God has anointed?
2. Have someone read **1 Samuel 26:7-11**. For the second time, David is presented with a perfect chance to "help himself" by ending Saul's pursuit, and his companion, Abishai, even offers to do the work for him. How does David's refusal to "lift a hand" against Saul demonstrate the sermon's big idea that God helps those who don't help themselves?

3. Have someone read **1 Samuel 24:16-17** and **1 Samuel 26:21-23**. In both instances, David's restraint leads Saul to confess his own sin and recognize David's righteousness. What do these outcomes suggest about the spiritual impact we can have on others when we choose to wait on God rather than taking matters into our own hands?

4. The sermon suggests that faithfulness often requires the wisdom *not* to help yourself. Looking at your current circumstances, how can you **grow** in your ability to discern if an opportunity is truly from God by asking: "Why do I want this?" and "Is this obedient?"

5. Have someone read **Psalms 130:5-6**. Since waiting for the Lord is a key part of our faith, how can you **go** and encourage someone this week who is tempted to take a "shortcut" in their life, helping them put their hope in God's Word instead of their own timing?