

# FEAR

Emotions: Getting A Grip On Your Heart & Mind

## Pattern #1

**The** \_\_\_\_\_

**1 Samuel 21:1** David went to the town of Nob to see Ahimelech the priest. Ahimelech trembled when he saw him. "Why are you alone?" he asked. "Why is no one with you?" (NLT)

**1 Samuel 21:2** "The king has sent me on a private matter," David said. "He told me not to tell anyone why I am here. I have told my men where to meet me later. (NLT)

## Pattern #2

**The** \_\_\_\_\_

**1 Samuel 21:3** Now, what is there to eat? Give me five loaves of bread or anything else you have."

**4** "We don't have any regular bread," the priest replied. "But there is the holy bread, which you can have if your young men have not slept with any women recently." **5** "Don't worry," David replied. "I never allow my men to be with women when we are on a campaign. And since they stay clean even on ordinary trips, how much more on this one!" (NLT)

## Pattern #3

**The** \_\_\_\_\_

**1 Samuel 21:6** Since there was no other food available, the priest gave him the holy bread—the Bread of the Presence that was placed before the Lord in the Tabernacle. It had just been replaced that day with fresh bread. (NLT)

**1 Samuel 21:7** Now Doeg the Edomite, Saul's chief herdsman, was there that day, having been detained before the Lord. (NLT)

## Pattern #4

**The** \_\_\_\_\_

**1 Samuel 21:8** David asked Ahimelech, "Do you have a spear or sword? The king's business was so urgent that I didn't even have time to grab a weapon!" (NLT)

**1 Samuel 21:9** "I only have the sword of Goliath the Philistine, whom you killed in the valley of Elah," the priest replied. "It is wrapped in a cloth behind the ephod. Take that if you want it, for there is nothing else here." "There is nothing like it!" David replied. "Give it to me!" (NLT)

## Pattern #5

### The \_\_\_\_\_

**1 Samuel 17:45** David replied to the Philistine, “You come to me with sword, spear, and javelin, but I come to you in the name of the Lord of Heaven’s Armies—the God of the armies of Israel, whom you have defied. **46** Today the Lord will conquer you, and I will kill you and cut off your head. And then I will give the dead bodies of your men to the birds and wild animals, and the whole world will know that there is a God in Israel! **47** And everyone assembled here will know that the Lord rescues his people, but not with sword and spear. This is the Lord’s battle, and he will give you to us!” (NLT)

## Pattern #6

### The \_\_\_\_\_

**1 Samuel 21:10** So David escaped from Saul and went to King Achish of Gath. (NLT)

**1 Samuel 21:11** But the officers of Achish were unhappy about his being there. “Isn’t this David, the king of the land?” they asked. “Isn’t he the one the people honor with dances, singing, ‘Saul has killed his thousands, and David his ten thousands?’” (NLT)

**1 Samuel 21:12** David heard these comments and was very afraid of what King Achish of Gath might do to him. **13** So he pretended to be insane, scratching on doors and drooling down his beard. (NLT)

## Pattern #7

### The \_\_\_\_\_

**1 Samuel 21:14** Finally, King Achish said to his men, “Must you bring me a madman? **15** We already have enough of them around here! Why should I let someone like this be my guest?” (NLT)

**1 Samuel 22:6** The news of his arrival in Judah soon reached Saul. At the time, the king was sitting beneath the tamarisk tree on the hill at Gibeah, holding his spear and surrounded by his officers. **7** “Listen here, you men of Benjamin!” Saul shouted to his officers when he heard the news. “Has that son of Jesse promised every one of you fields and vineyards? Has he promised to make you all generals and captains in his army? **8** Is that why you have conspired against me? For not one of you told me when my own son made a solemn pact with the son of Jesse. You’re not even sorry for me. Think of it! My own son—encouraging him to kill me, as he is trying to do this very day!” (NLT)

**1 Samuel 22:9** Then Doeg the Edomite, who was standing there with Saul’s men, spoke up. “When I was at Nob,” he said, “I saw the son of Jesse talking to the priest, Ahimelech son of Ahitub.

**10** Ahimelech consulted the Lord for him. Then he gave him food and the sword of Goliath the Philistine.” (NLT)

**1 Samuel 22:11** King Saul immediately sent for Ahimelech and all his family, who served as priests at Nob. **12** When they arrived, Saul shouted at him, “Listen to me, you son of Ahitub!” “What is it, my king?” Ahimelech asked. **13** “Why have you and the son of Jesse conspired against me?” Saul demanded. “Why did you give him food and a sword? Why have you consulted God for him? Why have you encouraged him to kill me, as he is trying to do this very day?” **14** “But sir,” Ahimelech replied, “is anyone among all your servants as faithful as David, your son-in-law? Why, he is

the captain of your bodyguard and a highly honored member of your household! **15** This was certainly not the first time I had consulted God for him! May the king not accuse me and my family in this matter, for I knew nothing at all of any plot against you." (NLT)

**1 Samuel 22:16** "You will surely die, Ahimelech, along with your entire family!" the king shouted. **17** And he ordered his bodyguards, "Kill these priests of the Lord, for they are allies and conspirators with David! They knew he was running away from me, but they didn't tell me!" But Saul's men refused to kill the Lord's priests. (NLT)

**1 Samuel 22:18** Then the king said to Doeg, "You do it." So Doeg the Edomite turned on them and killed them that day, eighty-five priests in all, still wearing their priestly garments. **19** Then he went to Nob, the town of the priests, and killed the priests' families—men and women, children and babies—and all the cattle, donkeys, sheep, and goats. (NLT)

#### Process #1

**The** \_\_\_\_\_

**1 Samuel 22:20** Only Abiathar, one of the sons of Ahimelech, escaped and fled to David. **21** When he told David that Saul had killed the priests of the Lord, **22** David exclaimed, "I knew it! When I saw Doeg the Edomite there that day, I knew he was sure to tell Saul. Now I have caused the death of all your father's family. (NLT)

#### Process #2

**The** \_\_\_\_\_

**1 Samuel 22:23** Stay here with me, and don't be afraid. I will protect you with my own life, for the same person wants to kill us both." (NLT)

#### Additional Resources:

- *David*, by Charles Swindoll
- *David, a Man after God's Own Heart*, by J. Vernon McGee
- *A Heart Like His*, by Beth Moore
- *The Making of a Man of God*, by Alan Redpath
- *First and Second Samuel*, by J. Vernon McGee
- *Lessons from the Life of David*, by Andy Stanley
- *A Psalm in Your Heart*, by George O. Wood

**When you are ready...**  
**Go All In and Sign the poster.**  
Statement and Reminder of faith, of commitment.

**2021 Devotions:**  
**1 Chapter for 1 Week**

**This week: 1 Samuel 21**  
Read, Dwell, Read, Think, Read, Live