

RESOURCES

BIBLE STUDY:

Saul, king of Israel, was instructed by God to fight and completely destroy the Amalekites. He succumbed, however, to the wishes of his fighting men and did only part of God's will due to a lack of self-awareness (emotional health) and attentiveness toward God (contemplation).



READ 1 SAMUEL 15:7-24.

1. *1 Samuel 15:11* describes God's and Samuel's responses to Saul's actions. What about their responses impacts you? How does this differ from Saul's response in *1 Samuel 15:12-13*?
2. What might have been going on beneath the surface of Saul's life (iceberg) that he was unaware of?
3. Reread *1 Samuel 15:22-23*. Describe in your own words how Samuel explains Saul's disobedience.
4. What are some examples of how we go through the motions of making "burnt offerings" and "sacrifices" rather than obeying the word of the Lord?
5. Note the seriousness of *1 Samuel 15:23a*. What positive step(s) could Saul have taken to become aware of his own iceberg and hear God in his situation? What might be one positive step for you?
6. In what ways can you relate, or not relate, to Saul?

OTHER RECOMMENDED BIBLE PASSAGES:

PSALM 141

1 PETER 5:6-11

EPHESIANS 4:22-23

BOOKS:

Emotionally Healthy Spirituality // Peter Scazzero

The Gift of Being Yourself // The Sacred Call to Self-Discovery, David G. Benner

The Family Life of the Christian Leader // Ajith Fernando.

The Blessing of Humility // Jerry Bridges.

Counterfeit Gods // Tim Keller.