

CrossWise Living | *Bible Study Series*

*The Life & Psalms of*  
**David**

Dr. Gail Bones

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# Dedication

To my beloved grandchildren:  
Summer, Lua, Hallie, Elena and Coen.

*"...from infancy you have known the Holy Scriptures, which are able  
to make you wise for salvation through faith in Christ Jesus."*

2 Timothy 3:15

*"From everlasting the Lord's love is with those who fear him and his  
righteousness with their children's children."*

Psalm 103:17

Special thanks to:

- Caleb Weeks, whose creativity and expertise make these resources possible.
- Nali Hilderman, friend, daughter in the Lord, and proofreader par excellence.
- My Bible study sisters who are devoted to God and his Word.
- Jeff Bones, my loving husband, who always points me to Jesus.

# The Life & Psalms of David

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## About the Author

Gail Nelson Bones, Ed.D., is the founder of CrossWise Living, a ministry devoted to helping people at all stages in life navigate change through cross-generational relationships. She has been engaging audiences as a speaker, songwriter, and worship leader for over 40 years. Formerly a professor of education at San Diego Christian College, Dr. Bones is the award-winning author of *Living CrossWise: Hope and Help for Navigating Transition* (2013).

Gail and her husband Jeff have been married for 40 years and together have recorded seven albums of original Christian music. Along with their now-grown children, they spent many years presenting family concerts at churches across the United States. Gail is currently a women's ministry leader at her home church, a worship leader, and doting grandmother.



## About the Study

This study in the CrossWise Living Bible study series will view the historical account of David's life found in the Old Testament books of 1 and 2 Samuel, 1 Kings, and 1 Chronicles. In addition, we will study each of the 75 Psalms attributed to David, many in the context in which they were written. In support of building the habit of spending time with the Lord daily, the homework is divided into 5 lessons to be done on successive days rather than all at once. However, as you do your best to be diligent, at the same time give yourself grace. Don't be discouraged from attending your meeting if you haven't answered every question. If you are doing this study with a group, enjoy the blessing of having accountability partners you will look forward to meeting with once a week. And as you sit down with your lesson each day, don't forget to ask the Holy Spirit to be your teacher and to speak to you personally.

After you have read the passage and answered on your own, you may use the notes on your study Bible to supplement your understanding. Be very careful about information you may find online, however. Stick with reliable sources such as biblehub.com or blueletterbible.org for commentaries containing sound doctrine. Make sure you have a good Bible map or atlas because we'll refer to it often.

While you will be meeting with your group primarily to study the Bible together, an important part of your fellowship will be supporting one another in prayer. You'll find a section to record prayer requests at the back of the book. Since time is likely to be limited for this kind of sharing, try to plan ahead as to how you would like your group to pray for you that week—keep your requests succinct so you can devote the last 10-15 minutes of your time to prayer requests. Remember to record your own prayer request on your list so you can recall and record praise for answered prayer.

Here is my blessing for you as you embark on this exciting journey into God's Word. This is one of my favorite passages in Scripture:

*"Then those who feared the Lord spoke with each other, and the Lord listened to what they said. In his presence, a scroll of remembrance was written to record the names of those who feared him and always thought about the honor of his name."*

*Malachi 3:16*

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# INTRODUCTORY LESSON

*“Glorify the Lord with me; let us exalt his name together.”*

*PSALM 34:3*

# INTRODUCTORY LESSON

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*Note for group leaders: Thank you for being willing to facilitate this group so that others can grow closer to God! The study is designed to provide 5 days of homework, the goal being that we would develop the habit of daily Bible study.*

*If your group members will receive their books before the first meeting, ask them to complete the introductory reading and discussion questions in advance. If you will be distributing the books at your first meeting, you can read the material and discuss the questions at that time. Ideas for ice-breaker questions are also provided.*

## THE LIFE & PSALMS OF DAVID: WARRIOR AND WORSHIPPER

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Scripture contains more details about David's life than any other individual besides Jesus Christ. More than 62 chapters of the Bible refer to some portion of his life. The New Testament contains more references to David than to any other individual in the Old Testament. God described him as a "man after his own heart," and the Messiah was called the Son of David.

He was Israel's second and greatest king (c.1040-970 BC), reigning during the Golden Age of Israel for 40 years. Both a mighty warrior and a skillful poet-musician, David wrote almost half of the book of Psalms, the worship manual that has given expression to the praises and laments of God's people throughout all generations. The Bible paints a portrait of David as a man who loved God whole-heartedly, but was deeply flawed and sinful. We can see ourselves in that mirror, and so David's life story serves as both a warning and inspiration to all who love Jesus.

The historical account of David's life is found in the Old Testament books of 1 and 2 Samuel, 1 Kings, and 1 Chronicles. In addition, we learn much about the state of his heart and relationship with God from the Psalms he wrote. Our study will be drawn from all these sources.

## HISTORICAL BACKGROUND

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Moses led the Israelites out of slavery in Egypt, but it was his successor Joshua who led them across the Jordan and into the Promised Land. Under Joshua's military leadership they began the conquest of Canaan according to God's direction. The death of Joshua, however, was the starting point of a downward spiral of disobedience for God's chosen nation. The people failed to completely drive out the Canaanites and began to worship other gods. The book of Judges, which chronologically precedes 1 Samuel, tells the sordid and sad tale of a people that also failed to train their children in the ways of the Lord. During these bloody and violent years, the Israelites were led by a series of about a dozen judges, most of them corrupt. There were a few bright spots—the most well-known are Deborah, Gideon, and Samson.

The prophet Samuel was the last judge of Israel. The book of Judges ends with these words: "In those days there was no king in Israel: everyone did what was right in his own eyes" (Judges 21:25). This sets the stage for our study of the period in Israel's history called the "golden age" or the United Monarchy. David was the second of three kings of Israel during this period: Saul, David, and Solomon.

For the first week of our study of the life of David, we'll do a survey reading through parts of the first 15 chapters of 1 Samuel in order to get a sense of the historical context (roughly 1150-1025 BC). We'll be introduced to two individuals who will figure heavily in the life of David: the powerful prophet/judge Samuel and Saul, Israel's first king. We won't be doing a lot of heavy analysis or personal application as we read these chapters, but rather will be summarizing and making note of some of the key facts. You'll be doing a fairly quick overview reading, and it might help you to use an "easier" translation such as the Message or the NLT in order to be able to read this like a



5. Read Psalm 37.

a. Analyze this chapter by recording your insights into the two-column chart below.

GOD REVEALED	I RESPOND
<i>In this column you will record your observations on the nature, actions, words and character of God as depicted in this Psalm. Make note of the verse number and write out the phrases that are applicable</i>	<i>You will write your response to what you have read. You may write words of praise and thanksgiving, words of confession, words of intercession or supplication.</i>

b. Which verses seem particularly encouraging or relevant to you?

6. Read Psalm 39.

a. Analyze this chapter by recording your insights into the two-column chart below.

GOD REVEALED	I RESPOND

b. Which verses seem particularly encouraging or relevant to you?

7. Read Psalm 40.

a. Analyze this chapter by recording your insights into the two-column chart below.

GOD REVEALED	I RESPOND

b. Which verses seem particularly encouraging or relevant to you?

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**OPTIONAL “GETTING TO KNOW EACH OTHER” QUESTIONS FOR YOUR FIRST MEETING**

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1. Talk about the best part of your day.
2. Talk about someone you have looked up to, either past or present.
3. Talk about your church background. Did you go to Sunday School as a child?
4. Talk about your favorite vacation.
5. Talk about what you do when you need to rest and be refreshed.
6. Talk about something you would like to learn to do in the next decade.



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# LESSON 1

*“...Speak, for your servant is listening.”*

1 SAMUEL 3:10

# DAY ONE: SAMUEL THE PROPHET

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1. Do a fairly quick reading of chapters 1-3 of 1 Samuel. Your goal is simply to identify the main characters and the general story line of Samuel's life. What strikes you?
  - a. What was unique about the birth of Samuel?
  - b. What was unique about his childhood?
  - c. What is your impression of Samuel's mother Hannah?
  - d. What does 1 Samuel 3:19-21 tell us about Samuel as a prophet?
  - e. What does chapter 3 tell us about God?

# DAY TWO: ISRAEL REQUESTS A KING

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1. Read 1 Samuel 8:1-22. Which verses explain the Israelites' request for a king?
  - a. What did God say to Samuel in response to his request for guidance?
  - b. What warnings did Samuel pass on from the Lord about what would happen if the people were to demand a king so they could be like other nations?
  - c. Did they listen to the warnings? What happened next?
  
2. Do a survey reading of 1 Samuel 9. Read for the main ideas, not the details. The following questions will highlight the important points for our understanding of Saul, who will play a major role in the life of David:
  - a. What do we learn about Saul in the following passages from Chapter 9?
    - vv. 1-2
  
    - vv.15-16
  
    - vv. 20-21
  
    - v. 27

# DAY THREE: SAMUEL ANOINTS SAUL AS KING

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1. Do a survey reading of 1 Samuel 10-12.
  - a. What initially strikes you?
  
  
  
  
  
  
  
  
  
  
  - b. What do we learn about Saul from the following passages in Chapter 10?
    - v. 1
  
  
  
  
  
    - vv. 5-8
  
  
  
  
  
    - vv. 9-11
  
  
  
  
  
    - vv. 17-26
  
2. Saul was 30 years old when he became king and he reigned for 42 years. Do a survey reading of 1 Samuel 13 and 14. What strikes you?
  - a. What do these chapters reveal about Saul's character?
  
  
  
  
  
  
  
  
  
  
  - b. What do we learn about Jonathan in this chapter?

# DAY FOUR: THE LORD REJECTS SAUL

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1. Read 1 Samuel 15 for the final details of God's rejection of Saul. List Saul's acts of disobedience and sin from this chapter.
2. What did God say to Samuel about Saul in vv. 10-11? How did Samuel respond?
3. How did Samuel challenge Saul in vv. 13-23? What principle is illustrated here?
4. How would you characterize Saul's confession in v. 24 & 30?
5. How was Samuel's robe torn by Saul? How did Samuel respond?
6. How did God feel about Saul?

# DAY FIVE: REFLECTION

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1. What is the most important warning we can take from the life of Saul?
  
  
  
  
  
  
  
  
  
  
2. What were some of your overall impressions as you read through these introductory chapters? Did any of the verses “come alive” for you in your current circumstances?

## WEEKLY REVIEW

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1. What did you observe about the nature and character of God this week?
  
  
  
  
  
  
  
  
  
  
2. What did you learn about yourself? How have you been able to apply what you learned?
  
  
  
  
  
  
  
  
  
  
3. What point do you want to remember from your lesson/discussion this week?
  
  
  
  
  
  
  
  
  
  
4. Do you have any lingering questions?

# DAY FIVE

---

Today we will look at envy and jealousy. Saul's unhinged jealousy of David destroys his own life and threatens to destroy David's as well. David will certainly suffer because of it. Jerry Bridges in *Respectable Sins* offers the following definitions:

*“Envy is the painful and oftentimes resentful awareness of an advantage enjoyed by someone else. Sometimes we want that same advantage, leading to the further sin of covetousness... Closely akin to envy is the sin of **jealousy**, which is defined as an intolerance of rivalry” (p. 149).*

From the biblical text, we see that when Saul heard the women of Israel singing about David's superior prowess in battle, he became jealous of him as a rival.

1. What do the following verses say are the causes or results of envy and/or jealousy? What are we to do about it when we see it in ourselves? Do any of these verses hit home for you today?

James 3:14-16

James 4:1-7

Proverbs 27:4

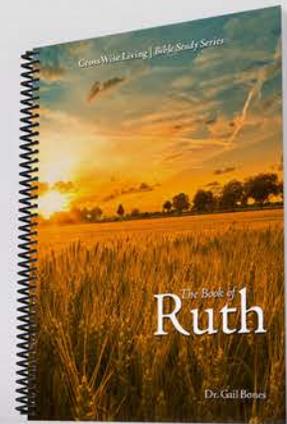
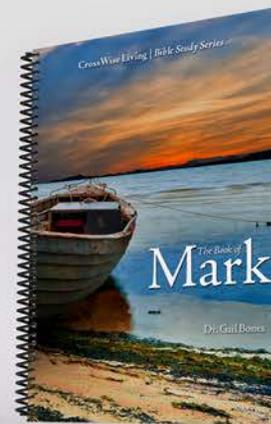
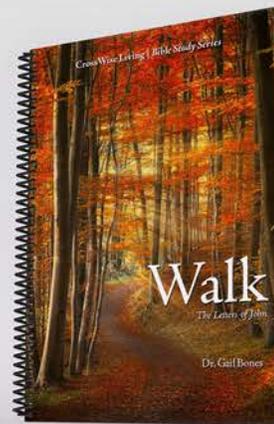
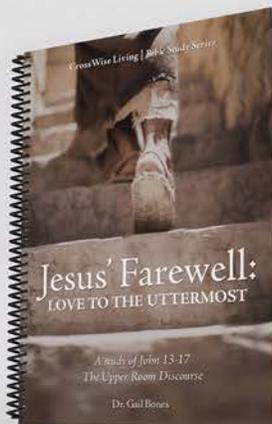
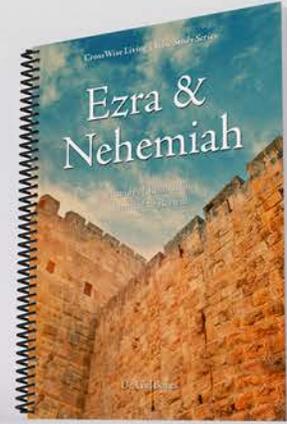
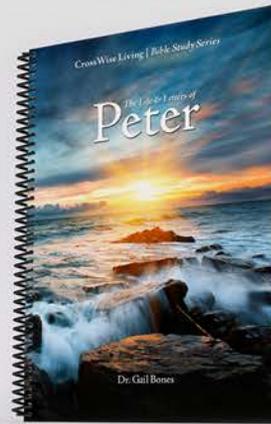
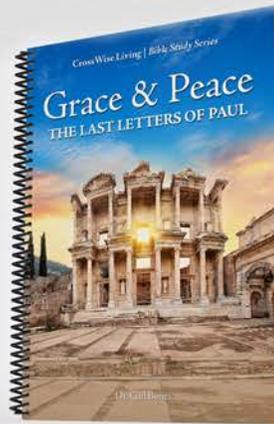
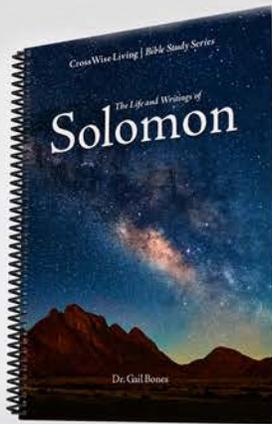
Romans 1:28-32

Galatians 5:19-26

Ecclesiastes 4:4

2. Where have you struggled with jealousy or envy of another?

## More Studies from Gail Bones:



## Featured Study: *Living CrossWise* Hope & Help for navigating transition

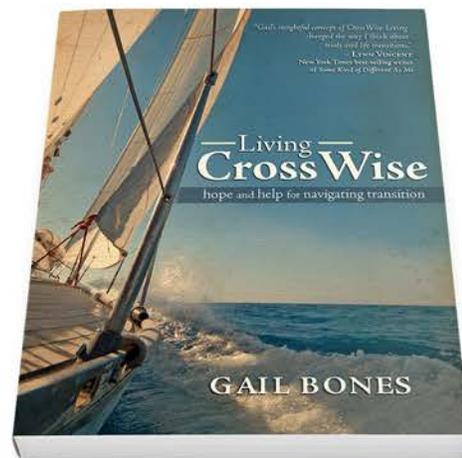
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*"Gail's insightful concept of CrossWise Living changed the way I think about trials and difficult life transitions."*

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