



Part 2: Our Centre

We all feel pressure to live up to expectations. Sometimes the voices that urge us to look and act in certain ways can be so loud that we stop hearing the quiet voice deep within us that reminds us who we really are.

Scripture: 1 Samuel 16:1-13

Discussion Questions

1. Can you think of a time when you felt pressure to be someone that you are not? What did that feel like? How did you respond to it? What would you do differently if you encountered that situation again?
2. Read 1 Samuel 16:1-13. What are your initial thoughts, observations and questions about this passage?
3. Can you remember why Saul has been rejected as King (look through 1 Samuel 15 for a refresher)? Verse 7 says: "People look at the outward appearance, but the Lord looks at the heart." Do you think this is generally true of people? How do you see this principle at work in our culture?
4. Do you think that you spend more time focused on outward appearances (looks, money, success, etc.) then on your heart? What happens when we do that? How do you think your life would be different if you spent more time focusing on the health of your heart?
5. What are some of the pressures that you feel distract you from being who you truly are? In what ways does our faith in Christ help to centre our true identity? What are some of the practices that you can employ to help connect you to God as the centre of your life?

Moving Forward

Read Isaiah 53:1-12. As we read about Saul and David, it points us to the true king: Jesus. How does this passage (or others) help us to understand the heart of God and inform our view of what characteristics are most important to Him? Write out some of the aspects of Jesus' character that inspire you.

Spend some time in prayer praising God for who he is and how he has revealed himself in Jesus, the true King.