

PRESSURE

1 Samuel 28-30

PAT NEMMERS

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This discussion guide is designed for Saylorville Church Community Groups as they live and learn together each week. The sermons and guides can be found at www.saylorvillechurch.com/sermons.

CONNECT WITH YOUR GROUP (10-15 MINUTES)

- Are you someone who works better under pressure? Give some recent examples.
- Where do you typically turn when you start to feel pressure? Is there a place, a habit, a person you go to?

APPLY THE BIBLE (45-60 MINUTES)

- **Remember** what you talked about last time. Is there anything you need to **follow up** on this week?
- **Review** your Sermon Notes together. What is **one thing** that sticks out to you about what you learned?
- **Read** this week's passage together. In his message, **Pastor Pat showed us several keys to understanding pressure in our lives, using David's life as an example.**

Context:

- This story takes place when David has been running and hiding from King Saul for 8 years. During these years, David dodges spies, loses his mentor, cares for 600 people, and is constantly exhausted.
- He is hiding in the land of the Philistines, pretending to serve King Achish. The Philistines are about to go to war with the Israelites, and God mercifully spares David from fighting against his own people.
- After almost 2 years without acknowledging God, David turns to the Lord for strength (1 Samuel 30:6)
- *What is your opinion of David up to this point in this sermon series? Explain why you feel that way.*

Under Pressure:

1. **The way that *seems* right might not be as right as it seems (Proverbs 14:12, 3:5-6; James 3:15)**
 - What's one situation in your life right now where you need wisdom. Read the passages above and come up with a plan for this situation. What **must** you do, and what must you **not** do?
 - What would help you remember to rely on wisdom from above rather than your own feelings?
2. **Pressures that bring you *down* are often God's means of turning you *back* (Psalm 107)**
 - Read through Psalm 107 and highlight the word "then" (e.g. verse 6). As a group, notice what is happening in the verses before the "then" and what God does after.
 - Which of these verses in Psalm 107 do you relate to most?
 - Have you ever thought of the pressures in your life as situations designed by God to bring you closer to Him? How might that change the way you respond in trials in the future?
3. **Don't ask God to take your pressure away, but for a way to take the pressure (1 Peter 5:7)**
 - Why do you think we're tempted to ask God to remove the trials and pressures *instead of* giving us the strength to get through or the escape to get out?
 - When you "cast your cares" on the Lord, how often do you try to take them back from Him? Do you think it's possible to leave your cares (or keep casting them) with God and completely trust Him?
 - What would your week look like if you actually did that?

Receive and Respond: What will I do because of what I just heard?

PRAY TOGETHER (5-15 MINUTES)

- Pray that you and your group will see the pressures in life as opportunities to draw closer to the Lord and point others to Him in your response.

