



**Title** | Mind Management  
**Series** | Making a Difference in a Nation Adrift  
**Text** | 1 Samuel 27:1-28:2  
**By** | Bob Kerrey  
**Date** | August 17, 2025

---

# Sermon Notes

1 Samuel 27:1 Then David said in his heart, "Now I shall perish one day by the hand of Saul. There is nothing better for me than that I should escape to the land of the Philistines. Then Saul will despair of seeking me any longer within the borders of Israel, and I shall escape out of his hand." 2 So David arose and went over, he and the six hundred men who were with him, to Achish the son of Maach, king of Gath. 3 And David lived with Achish at Gath, he and his men, every man with his household, and David with his two wives, Ahinoam of Jezreel, and Abigail of Carmel, Nabal's widow. 4 And when it was told Saul that David had fled to Gath, he no longer sought him. 5 Then David said to Achish, "If I have found favor in your eyes, let a place be given me in one of the country towns, that I may dwell there. For why should your servant dwell in the royal city with you?" 6 So that day Achish gave him Ziklag. Therefore Ziklag has belonged to the kings of Judah to this day. 7 And the number of the days that David lived in the country of the Philistines was a year and four months. 8 Now David and his men went up and made raids against the Geshurites, the Girzites, and the Amalekites, for these were the inhabitants of the land from of old, as far as Shur, to the land of Egypt. 9 And David would strike the land and would leave neither man nor woman alive, but would take away the sheep, the oxen, the donkeys, the camels, and the garments, and come back to Achish. 10 When Achish asked, "Where have you made a raid today?" David would say, "Against the Negeb of Judah," or, "Against the Negeb of the Jerahmeelites," or, "Against the Negeb of the Kenites." 11 And David would leave neither man nor woman alive to bring news to Gath, thinking, "lest they should tell about us and say, 'So David has done.'" Such was his custom all the while he lived in the country of the Philistines. 12 And Achish trusted David, thinking, "He has made himself an utter stench to his people Israel; therefore he shall always be my servant." 28:1 In those days the Philistines gathered their forces for war, to fight against Israel. And Achish said to David, "Understand that you and your men are to go out with me in the army." 2 David said to Achish, "Very well, you shall know what your servant can do." And Achish said to David, "Very well, I will make you my bodyguard for life." ESV

## Big Idea:

Psalm 13:5 But I have trusted in your steadfast love; my heart shall rejoice in your salvation. 6 I will sing to the LORD, because he has dealt bountifully with me. ESV

## For Reflection and Application:

### Monday:

Awfulizing is the tendency to fixate on and exaggerate the negative aspects of a situation. For the believer, awfulizing is typically out of alignment with God's word. According to 1 Samuel 27:1, how does David awfulize? What circumstances prompted this?

### Tuesday:

As evidenced in 1 Samuel 27:1, awfulizing makes escape look better than trust. To what extent are you prone to awfulize? What forms of escape are most attractive to you?

### Wednesday:

Read 1 Samuel 27:2-11. What does awfulizing lead David to do? Are these wise choices? Why or why not?

### Thursday:

According to 1 Samuel 28:1-2, what is one of the consequences of David's decision to escape?

### Friday:

Read Psalm 13. In verses 1-4, how does David redirect negative self-talk to God? In verses 5-6, how does he reflect on the truth? How can you apply this in dealing with awfulizing?

### Daily Prayer:

Lord, when I awfulize and am tempted to escape rather than trust in you, help me to redirect my negative self-talk to you and reflect on the truth. Amen.

If you would like to have the daily reflection and application emailed to you, scan the QR code or email [info@moonvalleybible.org](mailto:info@moonvalleybible.org).

