

Journaling

Guided Journaling Prompts for 1 Samuel 22

Reflect on the Story:

1. In 1 Samuel 22, David is hiding from King Saul. How do you think David felt while he was in the cave? Write about a time when you felt scared or alone. How did you find comfort?
2. David's family and others who were in trouble came to help him. Why do you think they chose to follow David? Have you ever had friends or family help you when you needed it? Write about that experience and how it made you feel.

Connect to Daily Life:

1. David listened to God and trusted Him even when things were hard. Can you think of a time you needed to trust someone? How did you decide to trust them? Write about the experience.
2. Abimelech the priest helped David by giving him bread. What are some ways you can help others who are in need or feeling sad? Write about one kind thing you can do this week for someone.

Personal Application:

1. David was surrounded by people who supported him. Who supports you in your life? Write a thank you note to someone who helps you or makes you feel safe.
2. Think about a difficult decision David had to make. How did he choose to rely on God? Write about a decision you need to make and how you can ask God for guidance.

Prayer Reflection:

1. Imagine you are writing a short prayer as if you were David in the cave. What would you thank God for, and what would you ask Him for? Write your prayer.
2. Think about something you are worried about. Write a prayer asking God to help you find peace and strength like David did.

Remember, journaling is a way to talk to God and express your thoughts and feelings. There are no right or wrong answers, so feel free to write what's in your heart!