

Journaling

1. Understanding the Story:

- In 1 Samuel 28, we read about King Saul seeking help from a spirit medium because he was afraid of the Philistine army. Why do you think Saul felt so scared? Write about a time you felt scared and what you did about it.

2. Reflecting on Choices:

- Saul chose to talk to someone who did not follow God's ways because he wanted guidance. How do you feel when you have to make a tough choice? Write about one way you can ask God for guidance when making choices.

3. Personal Application:

- Samuel, the prophet, always tried to listen to God. How do you listen to God in your life? Can you think of a time when you listened to what God wanted you to do?

4. Thinking About Influence:

- Saul was influenced by others around him who did not follow God. Who are some people that influence you in your life? How can you make sure you listen to people who want what's best for you?

5. Prayer Time:

- Write a short prayer asking God for help in making good decisions. You can start with, "Dear God, please help me..."

6. Connecting to Daily Life:

- Saul felt alone and didn't know where to go for help. Think about who helps you when you need advice or feel lost? Why is it important to have those people in your life?

7. Exploring Regret:

- Saul may have felt regret for not following God's way in the past. What does it mean to you to have a second chance? How can you learn from your mistakes?

8. God's Presence:

- Even when Saul turned away from God, God was still there. How can you remember that God is always with you? Write down some ways you can feel God's presence around you.