



Courageously Focused on Being Healthy

Date: October 13-14, 2018

Big Question: Why are some sincere people so emotionally unhealthy?

Four Reasons Saul Became Unhealthy

1. The way he responded to responsibility (1Samuel 10:20-24)

- **10:20** And when Samuel had caused all the tribes of Israel to come near, the tribe of Benjamin was chosen. 21 When he had caused the tribe of Benjamin to come near by their families, the family of Matri was chosen. And Saul the son of Kish was chosen.
- But when **they sought him, he could not be found.** 22 **Therefore they inquired of the Lord further, "Has the man come here yet?"** And the Lord answered, "There he is, hidden among the equipment."
- 23 So they ran and brought him from there; and when he stood among the people, **he was taller than any of the people from his shoulders upward.** 24 And Samuel said to all the people, "Do you see him whom the Lord has chosen, that *there is no one like him among all the people?*" So all the people shouted and said, "Long live the king!" (NKJV)

2. The way he responded to the success of others (We preachers can struggle with this one) (1Samuel 18:5-8)

- 5 So David went out wherever Saul sent him, and behaved wisely. And Saul set him over the men of war, and he was accepted in the sight of all the people and also in the sight of Saul's servants. 6 Now it had happened as they were coming home, when David was returning from the slaughter of the Philistine, that **the women had come out of all the cities of Israel, singing and dancing, to meet King Saul, with tambourines, with joy, and with musical instruments.** 7 So the women sang as they danced, and said: "Saul has slain his thousands, And David his ten thousands."
- 8 Then **Saul was very angry**, and the saying displeased him; and he said, "They have ascribed to David ten thousands, and to me they have ascribed only thousands. Now what more can he have but the kingdom?" 9 So Saul eyed David from that day forward.

3. The way he responded to instructions (1 Samuel 15:1-10)

- 15:1 Samuel also said to Saul, "The Lord sent me to anoint you king over His people, over Israel. Now therefore, heed the voice of the words of the Lord. 2 Thus says the Lord of hosts: **'I will punish Amalek for what he did to Israel, how he ambushed him on the way when he came up from Egypt. 3 Now go and attack Amalek, and utterly destroy all that they have, and do not spare them. But kill both man and woman, infant and nursing child, ox and sheep, camel and donkey.'**" 4 So Saul gathered the people together and numbered them in Telaim, two hundred thousand foot soldiers and ten thousand men of Judah. 5 And Saul came to a city of Amalek, and lay in wait in the valley. 6 Then Saul said to the Kenites, "Go, depart, get down from among the Amalekites, lest I destroy you with them. For you showed kindness to all the children of Israel when they came up out of Egypt." So the Kenites departed from among the Amalekites.
- 7 **And Saul attacked the Amalekites**, from Havilah all the way to Shur, which is east of Egypt. 8 **He also took Agag king of the Amalekites alive**, and utterly destroyed all the people with the edge of the sword. 9 But **Saul and the people spared Agag and the best of the sheep, the oxen, the fatlings, the lambs, and all that was good, and were unwilling to utterly destroy them.** But **everything despised and worthless, that they utterly destroyed.**

- A. We learn that some people are judged generationally for their choices (v15:2-3)
- B. We learn that it is difficult to give up things that still have great value (v7-8)

Question: How good are you at giving away things of value?

A Friends Challenge: I showed a friend my used clothing, give away rack in the early days of our church. He looked at me and casually said, "We give away clothes. But, we try to give away new clothes with the sales tags still on

them.” This challenged me to reconsider my approach to giving. There is nothing wrong with giving away nice used items. But, why not consider sacrificing to give something of greater value.

4. The way he managed failure (Deny, Deny, Deny, Lie, Lie and Lie Again)

A. He could not admit his failure (1Samuel 15:13-25)

- 15:13 Then Samuel went to Saul, and Saul said to him, “Blessed are you of the Lord! **I have performed the commandment of the Lord.**”
- 14 But Samuel said, “**What then is this bleating of the sheep** in my ears, and the lowing of the oxen which I hear?” 15 And Saul said, “**They have brought them** from the Amalekites; for **the people spared the best of the sheep and the oxen, to sacrifice to the Lord your God**; and the rest we have utterly destroyed.”

B. He could not be quiet

- 16 Then **Samuel said to Saul, “Be quiet!** And I will tell you what the Lord said to me last night.” And he said to him, “Speak on.”

C. He forgot where God brought him from

- 17 So Samuel said, “**When you were little in your own eyes, were you not head of the tribes of Israel? And did not the Lord anoint you king over Israel?** 18 Now the Lord sent you on a mission, and said, ‘Go, and utterly destroy the sinners, the Amalekites, and fight against them until they are consumed.’ 19 Why then did you not obey the voice of the Lord? Why did you swoop down on the spoil, and do evil in the sight of the Lord?”

D. He lied about his level of obedience

- 20 And **Saul said to Samuel, “But I have obeyed the voice of the Lord,** and gone on the mission on which the Lord sent me, and brought back Agag king of Amalek; I have utterly destroyed the Amalekites. 21 **But the people took of the plunder,** sheep and oxen, the best of the things which should have been utterly destroyed, to sacrifice to the Lord your God in Gilgal.”

E. He assumed the ends justified the means (Get there any way you can, and lie if you need to)

- 22 So Samuel said: “Has the Lord as great delight in burnt offerings and sacrifices, As in obeying the voice of the Lord? Behold, to **obey is better than sacrifice,** And to heed than the fat of rams. 23 For rebellion is as the sin of witchcraft, And stubbornness is as iniquity and idolatry. Because you have rejected the word of the Lord, He also has rejected you from being king.”
- 24 **Then Saul said to Samuel, “I have sinned, for** I have transgressed the commandment of the Lord and your words, because I feared the people and obeyed their voice. 25 Now therefore, please pardon my sin, and return with me, that I may worship the Lord.”

Conclusion: A prayer to keep you healthy

- Lord help me be focused, healthy, responsible, and able to respond to the success of others with maturity and no jealousy. I pray that I would completely and honestly respond to your instructions for my life even if it means I must give up things of great value. I understand that my actions can affect my family for generations. If I am wrong help me admit my failure, listen to correction, not forget where You brought me from, not lie about my level of obedience and may I never believe the ends justify the means. I must be Courageously Focused on these values if I want to be healthy.

Next Time: Courageously Focused on Cultures Beyond Your Experience (This will be wonderful)

1. **We have a special guest that will inspire your appreciation for cultures beyond your own**
2. **Cultural diversity will be the focus of our upcoming Saturday night service. Sunday our guest will speak in both Sunday services. You will love my friend Enrique Zone. He is amazing.**