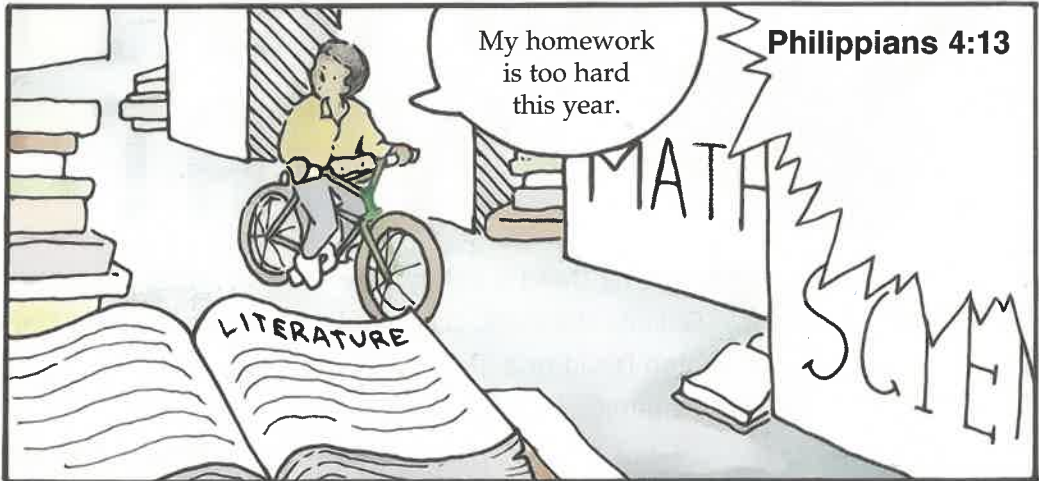


IT'S AN  
OBSTACLE  
COURSE  
OUT THERE!!

Sometimes life looks like an obstacle course, and it seems easier to quit rather than struggle through it. But remember the best things in life are worth the effort, and you don't have to go it alone. God wants to help you face the challenges.

At each obstacle, look up the promise from God's Word and then write a short message that will encourage this bike rider to go through the obstacles instead of giving up.



**Philippians 4:13**

How can you help but watch this stuff?



**Psalms 23:3**



**Isaiah 41:10**

I don't know anyone and I'm afraid to try out.



**2 Timothy 1:7**



# TRUSTING GOD NO MATTER WHAT



**F**ollowing David's victory over Goliath, the giant, King Saul promoted David to a high rank in Israel's army.

**Read 1 Samuel 18:6-11. Why was Saul jealous of David? Had David done anything wrong to deserve Saul's anger?**

Saul feared David because he realized that God's Spirit was no longer with him, but with David.<sup>1</sup> So Saul sent David away. David had already been anointed by Samuel as the next king. Saul began to think of ways he could have David killed. He thought having David marry his daughter could help him in this plot. Saul offered David his oldest daughter in marriage, but David

humbly refused. Saul also had a younger daughter, Michal. David earned the right to marry her by paying the bride price<sup>2</sup> of killing many Philistines in battle. David's

great success only made Saul fear him more.

**Read 1 Samuel 19:1-7. How did Jonathan help David? What made him try to help David? What did Saul promise Jonathan?**



<sup>2</sup>Normally, a bridegroom paid this "bride price" as insurance if he were to die. Saul had David pass a "test" instead.



<sup>1</sup>King Saul suffered from depression. And, God—who is in control of everything—took away His Holy Spirit and allowed an evil spirit to torment Saul.



## 1 Samuel 19:8-10

Once more war broke out, and David went out and fought the Philistines. He struck them with such force that they fled before him. But an evil spirit from the LORD came on Saul as he was sitting in his house with his spear in his hand. While David was playing the lyre, Saul tried to pin him to the wall with his spear, but David eluded him as Saul drove the spear into the wall. That night David made good his escape.



**David had already been anointed as the next king. What might have been going through David's mind after Saul tried to kill him? If you were in David's situation, how would you be feeling?**

<sup>3</sup>This idol was wooden or metal, and usually was in the form of an animal or animal-human type creature.



and said David threatened to kill her. Saul continued to pursue David, who went to Ramah and reported to Samuel all that Saul had done.

**Read Psalm 59:1-4. David wrote this psalm while Saul waited to kill David. How can David's example of trusting God in hard times help you?**

David's wife, Michal, told him about Saul's plan to kill him. She lowered David out a window and he escaped. Then Michal put an idol<sup>3</sup> in David's bed and told Saul's soldiers David was sick in bed, which fooled the soldiers. When Saul confronted his daughter about her trick, she lied

David kept trusting God even when things seemed to be going wrong. God had chosen David to be king, and David knew that God would see him through.



Get me away from that guy!



# THE SURE THING

There's one thing you can be sure of: no matter what happens, God can carry out His plans for you. Do you trust God even when things aren't going well? Look over the worries in the first column. Next, draw a line from one of *your* worries to one of God's promises in the second column that will help you fight that worry. Finally, draw a line from the promise to a way you can show your trust in God and His plans.

## Worries

I don't have any friends.

What if my parents get a divorce?

Even though I trust Jesus, I still worry about my salvation.

I'm ugly. No one likes me.

I'm going to flunk out of school.

Why can't I be better at sports?

Why can't I have nice things like my friends?

## God's Promises

No one can take away my faith in Jesus.

(John 10:28-29)

I am a special and valuable creation of God. (Ps. 139:13-14)

I can pray about *everything* and not worry about *anything*. (Phil. 4:6-7)

God will give me the things I need. (Matt. 6:25-26)

God will give wisdom to those who ask for it. (Jas. 1:5)

Jesus calls His followers friends. (John 15:14-15)

God gave me unique gifts and abilities. (1 Cor. 12:4-6)

## I can show I trust God by

Thanking God for creating me the way I am.

Doing my best without comparing myself to others.

Respecting and obeying my parents no matter what happens.

Being content with what I have.

Not worrying about the future.

Helping others and serving them.

Remembering that God is in charge of everything.

## KEY VERSE

THE LORD WILL VINDICATE ME.  
PSALM 138:8