

I Samuel 16 Romans 14 Lamentations 1 Reading Break

#### PRAY:

Father show us who you are. Show us your person, your power, your purposes. Overwhelm us with a knowledge of you that penetrates our minds and imbeds itself in the deepest recesses of our hearts. Let this knowledge so change our hearts that it results in our lives being lived in light of who you are, what you have done and what you say is true about us in Jesus Christ.

Notes Thoughts Questions:



### AS YOU READ THROUGH TODAY'S PASSAGES REFLECT ON THESE QUESTIONS:

What are some things revealed in these passages about the person and character of God? Who is he? What is he like?

What are some things that God has done to reveal who he is?

Who are you in light of God's work? What is it that God is saying about you?

How should knowing who God is, what he has done and what he says about you change how you live?

#### **David Anointed King**

16 The LORD said to Samuel, "How long will you grieve over Saul, since I have rejected him from being king over Israel? Fill your horn with oil, and go. I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." <sup>2</sup> And Samuel said, "How can I go? If Saul hears it, he will kill me." And the LORD said, "Take a heifer with you and say, 'I have come to sacrifice to the LORD.' <sup>3</sup> And invite Jesse to the sacrifice, and I will show you what you shall do. And you shall anoint for me him whom I declare to you." <sup>4</sup> Samuel did what the LORD commanded and came to Bethlehem. The elders of the city came to meet him trembling and said, "Do you come peaceably?" <sup>5</sup> And he said, "Peaceably; I have come to sacrifice to the LORD. Consecrate yourselves, and come with me to the sacrifice." And he consecrated Jesse and his sons and invited them to the sacrifice.

<sup>6</sup> When they came, he looked on Eliab and thought, "Surely the LORD's anointed is before him." <sup>7</sup> But the LORD said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him. For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart." <sup>8</sup> Then Jesse called Abinadab and made him pass before Samuel. And he said, "Neither has the LORD chosen this one." <sup>9</sup> Then Jesse made Shammah pass by. And he said, "Neither has the LORD chosen this one." <sup>10</sup> And Jesse made seven of his sons pass before Samuel. And Samuel said to Jesse, "The LORD has not chosen these." <sup>11</sup> Then Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but behold, he is keeping the sheep." And Samuel said to Jesse, "Send and get him, for we will not sit down till he comes here." <sup>12</sup> And he sent and brought him in. Now he was ruddy and had beautiful eyes and was handsome. And the LORD said, "Arise, anoint him, for this is he." <sup>13</sup> Then Samuel took the horn of oil and anointed him in the midst of his brothers. And the Spirit of the LORD rushed upon David from that day forward. And Samuel rose up and went to Ramah.

#### **David in Saul's Service**

<sup>14</sup> Now the Spirit of the LORD departed from Saul, and a harmful spirit from the LORD tormented him. <sup>15</sup> And Saul's servants said to him, "Behold now, a harmful spirit from God is tormenting you. <sup>16</sup> Let our lord now command your servants who are before you to seek out a man who is skillful in playing the lyre, and when the harmful spirit from God is upon you, he will play it, and you will be well." <sup>17</sup> So Saul said to his servants, "Provide for me a man who can play well and bring him to me." <sup>18</sup> One of the young men answered, "Behold, I have seen a son of Jesse the Bethlehemite, who is skillful in playing, a man of valor, a man of war, prudent in speech, and a man of good presence, and the LORD is with him." <sup>19</sup> Therefore Saul sent messengers to Jesse and said, "Send me David your son, who is with the sheep." <sup>20</sup> And Jesse took a donkey laden with bread and a skin of wine and a young goat and sent them by David

his son to Saul. <sup>21</sup> And David came to Saul and entered his service. And Saul loved him greatly, and he became his armor-bearer. <sup>22</sup> And Saul sent to Jesse, saying, "Let David remain in my service, for he has found favor in my sight." <sup>23</sup> And whenever the harmful spirit from God was upon Saul, David took the lyre and played it with his hand. So Saul was refreshed and was well, and the harmful spirit departed from him.

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## **ROMANS 14**

#### **Do Not Pass Judgment on One Another**

**14** As for the one who is weak in faith, welcome him, but not to quarrel over opinions. <sup>2</sup> One person believes he may eat anything, while the weak person eats only vegetables. <sup>3</sup> Let not the one who eats despise the one who abstains, and let not the one who abstains pass judgment on the one who eats, for God has welcomed him. <sup>4</sup> Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Lord is able to make him stand.

<sup>5</sup> One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind. <sup>6</sup> The one who observes the day, observes it in honor of the Lord. The one who eats, eats in honor of the Lord, since he gives thanks to God, while the one who abstains, abstains in honor of the Lord and gives thanks to God. <sup>7</sup> For none of us lives to himself, and none of us dies to himself. <sup>8</sup> For if we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord's. <sup>9</sup> For to this end Christ died and lived again, that he might be Lord both of the dead and of the living.

<sup>10</sup> Why do you pass judgment on your brother? Or you, why do you despise your brother? For we will all stand before the judgment seat of God; <sup>11</sup> for it is written,

"As I live, says the Lord, every knee shall bow to me, and every tongue shall confess to God."

### **Do Not Cause Another to Stumble**

<sup>13</sup> Therefore let us not pass judgment on one another any longer, but rather decide never to put a stumbling block or hindrance in the way of a brother. <sup>14</sup> I know and am persuaded in the Lord Jesus that nothing is unclean in itself, but it is unclean for anyone who thinks it unclean. <sup>15</sup> For if your brother is grieved by what you eat, you are no longer walking in love. By what you eat, do not destroy the one for whom Christ died. <sup>16</sup> So do not let what you regard as good be spoken of as evil. <sup>17</sup> For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit. <sup>18</sup> Whoever thus serves Christ is

<sup>&</sup>lt;sup>12</sup> So then each of us will give an account of himself to God.

acceptable to God and approved by men. <sup>19</sup> So then let us pursue what makes for peace and for mutual upbuilding.

<sup>20</sup> Do not, for the sake of food, destroy the work of God. Everything is indeed clean, but it is wrong for anyone to make another stumble by what he eats. <sup>21</sup> It is good not to eat meat or drink wine or do anything that causes your brother to stumble. <sup>22</sup> The faith that you have, keep between yourself and God. Blessed is the one who has no reason to pass judgment on himself for what he approves. <sup>23</sup> But whoever has doubts is condemned if he eats, because the eating is not from faith. For whatever does not proceed from faith is sin.

Notes Thoughts Questions:



# **LAMENTATIONS 1**

### **How Lonely Sits the City**

**1** How lonely sits the city that was full of people!

How like a widow has she become,

she who was great among the nations!

She who was a princess among the provinces

has become a slave.

She weeps bitterly in the night,

with tears on her cheeks;

among all her lovers

she has none to comfort her;

all her friends have dealt treacherously with her;

they have become her enemies.

<sup>3</sup> Judah has gone into exile because of affliction

and hard servitude;

she dwells now among the nations,

but finds no resting place;

her pursuers have all overtaken her

in the midst of her distress.

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The roads to Zion mourn,

for none come to the festival;

all her gates are desolate;

her priests groan;

her virgins have been afflicted,

and she herself suffers bitterly.

<sup>5</sup> Her foes have become the head;

her enemies prosper,

because the LORD has afflicted her

for the multitude of her transgressions;

her children have gone away,

captives before the foe.

<sup>6</sup> From the daughter of Zion

all her majesty has departed.

Her princes have become like deer

that find no pasture;

they fled without strength

before the pursuer.

Jerusalem remembers

in the days of her affliction and wandering

all the precious things

that were hers from days of old.

When her people fell into the hand of the foe,

and there was none to help her,

her foes gloated over her;

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they mocked at her downfall.

Jerusalem sinned grievously;

therefore she became filthy;

all who honored her despise her,

for they have seen her nakedness;

she herself groans

and turns her face away.

Her uncleanness was in her skirts;
she took no thought of her future;
therefore her fall is terrible;
she has no comforter.

"O LORD, behold my affliction,
for the enemy has triumphed!"

The enemy has stretched out his hands
 over all her precious things;
 for she has seen the nations
 enter her sanctuary,
 those whom you forbade
 to enter your congregation.

as they search for bread;
they trade their treasures for food
to revive their strength.

"Look, O LORD, and see,
for I am despised."

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"Is it nothing to you, all you who pass by?

Look and see
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if there is any sorrow like my sorrow, which was brought upon me,

which the LORD inflicted on the day of his fierce anger.

<sup>13</sup> "From on high he sent fire;

into my bones he made it descend;

he spread a net for my feet;

he turned me back;

he has left me stunned,

faint all the day long.

<sup>14</sup> "My transgressions were bound into a yoke;

by his hand they were fastened together;

they were set upon my neck;

he caused my strength to fail;

the Lord gave me into the hands

of those whom I cannot withstand.

<sup>15</sup> "The Lord rejected

all my mighty men in my midst;

he summoned an assembly against me

to crush my young men;

the Lord has trodden as in a winepress

the virgin daughter of Judah.

<sup>16</sup> "For these things I weep;

my eyes flow with tears;

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for a comforter is far from me,
one to revive my spirit;
my children are desolate,
for the enemy has prevailed."
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Zion stretches out her hands, but there is none to comfort her; the LORD has commanded against Jacob that his neighbors should be his foes; Jerusalem has become a filthy thing among them.

for I have rebelled against his word;
but hear, all you peoples,
and see my suffering;
my young women and my young men
have gone into captivity.

but they deceived me;
my priests and elders
perished in the city,
while they sought food
to revive their strength.

"Look, O LORD, for I am in distress;
 my stomach churns;
 my heart is wrung within me,
 because I have been very rebellious.

In the street the sword bereaves; in the house it is like death.

<sup>21</sup> "They heard my groaning,

yet there is no one to comfort me.

All my enemies have heard of my trouble;

they are glad that you have done it.

You have brought the day you announced;

now let them be as I am.

<sup>22</sup> "Let all their evildoing come before you,

and deal with them

as you have dealt with me

because of all my transgressions;

for my groans are many,

and my heart is faint."

## JOURNAL A PRAYER TO THE LORD FROM YOUR READING TODAY.