

the **תורה**



TRAINING

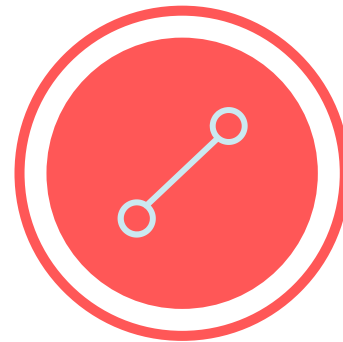
Teach me your way,
Lord, that I may rely
on your faithfulness;
give me an undivided
heart, that I may fear
your name.

Psalm 86:11

LESSON 1



FOUNDATION
FOR INTELLIGENT
MEDIA & DESIGN



LEADER PREPARATION

Dear Small Group Leader:

By failing to prepare you are preparing to fail. This quote by Benjamin Franklin is one we have all heard so often. But the truth in it prevails and it asks the grand question, how do we prepare for what's ahead? From the smallest sense of preparing for a specific task to the choices we make daily that contribute to the trajectory of our lives. Preparing for something doesn't just help us master the specific tasks, it teaches us qualities and disciplines along the way which allow us to reach our God given potential. Preparation aids in our growth and allows us to be ready for the plans that God has for us. Being well trained and prepared helps us to face any challenges and allows us to trust in God.

When we look at the story of young David, his training for what God would eventually call him to do becomes evident. David's journey from shepherd to king serves as a powerful example of how God equips and shapes individuals for their unique callings and responsibilities.

David spent hours in the field watching sheep. The life of a shepherd is no easy one. His typical day started early. David had to get the sheep from where they slept, guide them until he found water for the sheep, guard them against anything that would harm the flock, then walk them back to the sheepfold. It was extremely hard work in difficult conditions especially in his region of the world. It was a thankless job, no advancement, no raises, no prestige, no acknowledgement. Yet, David still found the time to do the work he was called to do.

Including the hours a day he spent singing, writing and playing music and praising God.

David, known for his shepherding skills and bravery, was also an accomplished harpist and musician who would eventually write many of the Psalms found in the Bible. At first glance, all of his jobs or tasks may not look special to us, yet God used every moment to prepare him for something greater. From herding sheep, he ended up leading men. From learning to sing, and play music, he worshiped God on display for the entire kingdom. From protecting sheep, to protecting his people.

Scripture References

- Psalm 86:11 NIV
- Psalm 144:1 NIV
- Psalm 25:4 NIV
- Psalm 26:2 NIV
- Colossians 3:23-24 NIV



Lesson Objectives

1. Students will learn the importance of preparation.
2. Students will learn to rely on God's guidance and testing.

Main Point

Being well trained equips me for the plans that God has for me.

Requirements

- Bible
- PC or Laptop with Anointed DSK
- Handout

Download The
Anointed



Opening Prayer

Start the lesson in prayer with the group.

Discussion

Say: Being prepared is important. Whether you prepare for an upcoming trip, a race, a significant life event, or a test at school. The dictionary defines being prepared as, 'to make ready beforehand for some purpose, use, or activity. Also to put in a proper set of mind.'

Question 1: What is something that you are preparing for, and how are you preparing for it?

Say: Being well prepared is not just something we do for physical challenging events, but it's important for living the daily Christian life. David understood this well. His preparation was an integral part of how God was going to use him later on in his life. You may not always know what it is that God has planned for you in the future, yet there are daily things that you and I can do to get us ready for what's ahead.

Say: Consider the following questions while you play the game.

Question 1: What did David do to prepare himself?

Question 2: How do we prepare our hearts before God?

Question 3: What are daily tasks that help equip you for God's purpose?



Activity

- Play through David saves Keilah.
- Complete and take notes on chapter objectives:
 - Dialogue
 - Quiz
 - Prayer Beacon
 - Vases

**Let's Play The
Anointed**



Game Discussion

Question 1: As you were thinking about the questions before playing the game, what stood out to you?

Question 2: In what ways did David prepare himself?

Say: David had a humble heart giving himself completely to God. David spent his early years as a shepherd, caring for his father's sheep. This responsibility taught him valuable skills such as leadership, responsibility, and the importance of caring for those under his charge. The life of a shepherd is no easy one. His typical day started early. David had to get the sheep from where they slept, guide them until he found water for the sheep, guard them against anything that would harm the flock, then walk them back to the sheepfold. It was extremely hard work in difficult conditions especially in his region of the world. It was a thankless job, no advancement, no raises, no prestige, no acknowledgement. He didn't strive to exalt himself, but to give all the glory to God instead.

Say: As we read scripture together, think about what training and preparation looks like in your daily walk with God.

Scripture Context

David's training and preparedness of his heart towards God is described all throughout the songs and poems that he wrote. In many instances he cries out to God asking him to show him the way. Standing before Him in humility because David knows God is in control of it all. From fighting Battles, to fleeing Saul, he documents his raw and honest emotions, yet we see his willingness to be trained and tested by God.



Read Scripture

1 SAMUEL 16:1-13

The Lord said to Samuel, "How long will you mourn for Saul, since I have rejected him as king over Israel? Fill your horn with oil and be on your way; I am sending you to Jesse of Bethlehem. I have chosen one of his sons to be king." But Samuel said, "How can I go? If Saul hears about it, he will kill me." The Lord said, "Take a heifer with you and say, 'I have come to sacrifice to the Lord.'³ Invite Jesse to the sacrifice, and I will show you what to do. You are to anoint for me the one I indicate." Samuel did what the Lord said. When he arrived at Bethlehem, the elders of the town trembled when they met him. They asked, "Do you come in peace?" Samuel replied, "Yes, in peace; I have come to sacrifice to the Lord. Consecrate yourselves and come to the sacrifice with me." Then he consecrated Jesse and his sons and invited them to the sacrifice. When they arrived, Samuel saw Eliab and thought, "Surely the Lord's anointed stands here before the Lord." But the Lord said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart." Then Jesse called Abinadab and had him pass in front of Samuel. But Samuel said, "The Lord has not chosen this one either." Jesse then had Shammah pass by, but Samuel said, "Nor has the Lord chosen this one." Jesse had seven of his sons pass before Samuel, but Samuel said to him, "The Lord has not chosen these." So he asked Jesse, "Are these all the sons you have?" "There is still the youngest," Jesse answered. "He is tending the sheep." Samuel said, "Send for him; we will not sit down until he arrives."

So he sent for him and had him brought in. He was glowing with health and had a fine appearance and handsome features. Then the Lord said, "Rise and anoint him; this is the one." So Samuel took the horn of oil and anointed him in the presence of his brothers, and from that day on the Spirit of the Lord came powerfully upon David. Samuel then went to Ramah.

PSALM 86:11

Teach me your way, Lord,
that I may rely on your faithfulness;
give me an undivided heart,
that I may fear your name.



PSALM 144:1

Praise be to the Lord my Rock,
who trains my hands for war,
my fingers for battle.

PSALM 25:4

Show me your ways, Lord,
teach me your paths.

PSALM 26:2

Test me, Lord, and try me,
examine my heart and my mind;

COLOSSIANS 3:23-24

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Scripture Discussion

Evaluate yourself.

Psalm 26:2; Psalm 139:23-24

Preparation starts with seeking God and asking him to reveal things in your heart, or in your life that need correction. Often when we prepare for something, we start by cleaning up. When you prepare for a friend to come visit, you declutter your place, put away trash, and tidy up. As you prepare for a test, you make sure you have your study materials in order, maybe even clean up your area or your desktop allows you to better focus. David is a great example for seeking God's guidance in every moment. He was coachable, he constantly asked God to test him and to point things out to him that he needs to get fix or get rid of.

Question 1: In what area of your life do you need to give God control?

Question 2: What is something that is hindering you? Think of something that you can get rid of that may be unnecessary.



Prepare your heart and mind.

1 Samuel 16:7 Psalm 86:11; Psalm 25:4

In Hebrew culture, the heart was described as the center of our being. It's where everything flows from. Our thoughts and attitudes, our words, our intent, and actions. When Samuel was tasked with selecting the next king of Israel, God reminded him that the condition of our heart, rather than our outward appearance, is what's most important.

Question 1: How do we prepare our hearts and minds before God?

Say: It starts by seeking God and making it a priority to interact with him regularly through prayer, worship, and reading His word. Fixing our hearts and minds on God strengthens our relationship with Him and guards us from distractions.

Question 2: Think of a situation when your heart and mind were not set on God. How did your emotions, or your actions reflect this time?

Question 3: In contrast, how do you feel when you are focused on Jesus? How does it show in your emotions and actions?

Prepare your body.

Colossians 3:23-24; Psalm 90:17; 1 Corinthians 10:31

God commands us to work hard at everything we do. Not for our own gain or to be liked by others, but solely for the glory of God. Use the talents that God has given you so that others will see His light through you. Taking care of your body takes discipline and self-control. Our bodies are God's temple. When we look at it from the perspective that we are managers of the bodies that God has given us, we put more effort into treating it well.

Question 1: How can we prepare our body when preparing our ways before God?

Question 2: What's a habit or something you consume that is affecting your physical preparedness?

Say: David understood the importance of not only mental and emotional health, but also physical well being. He had to be fit to take care of the sheep. He spent long hours of each day on his feet, guiding his herd, and protecting them from dangerous predators. He sharpened his skills for survival and he played instruments to worship God. His preparedness and training to master his daily tasks allowed him to be equipped for the things that God had planned for him in the future.

Question 2: How does the condition of our body affect our preparedness for future tasks?



Say: Through the story of David we notice that someone who prepares his ways before God makes every decision with God in mind. Do you have a heart to be led in the direction that God wants you to go? Jumping ahead, connecting David's life to Jesus. We get a glimpse of Jesus' early life as he was preparing for his ministry to come. At just twelve years old Jesus was found among the religious teachers in the temple studying the scriptures. And everyone who heard him was amazed at his questions and his answers. Then years later as Jesus was about to begin his ministry prophecies were fulfilled when he met John the Baptist and requested to be baptized. Jesus training and testing continued in the moments that followed. God molded him and prepared him for his journey to glorify God through his teachings and miracles, and ultimately to atone for our sins on that cross.

Question 3: What's an area where you need to allow God to take control?

Question 4: What is something that you are currently preparing or training for?

Reflect: Give students time to reflect and respond on their own. Talk about any questions they may have and feel free to share relatable stories that reflect the lesson.

Closing Prayer

End this together by setting the example for prayer and praying over your students.

IMD Interactive
Church Resources:

