



Series: ***Walking with God in a Pandemic***  
Session 9

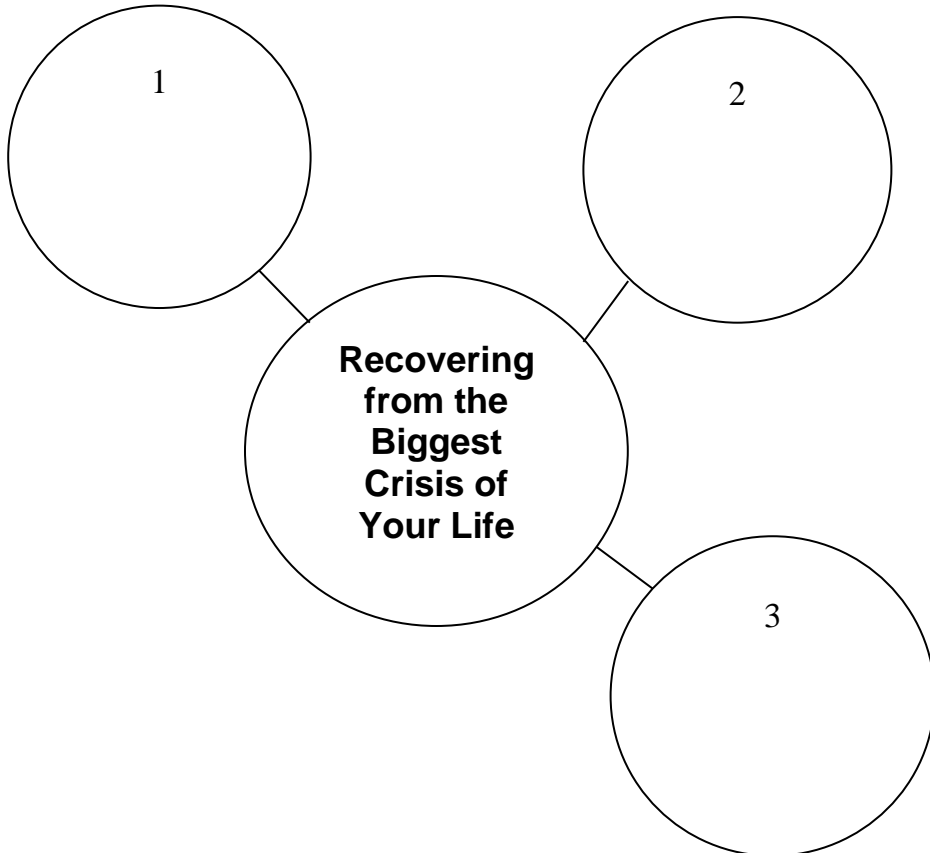
**Recovering from the Biggest Crisis of Your Life**  
1 Samuel 30

**NOTES:**

*The Big Idea:*

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**FOR DISCUSSION TIME:**

1. Describe a time when you wept until you had no strength left to weep. What was that about?
2. What are the four principles God gives us in today's text that will guide us in recovering from the biggest crises of our lives?
  1. Verse 6b \_\_\_\_\_
  2. Verses 7-8 \_\_\_\_\_
  3. Verses 9-20 \_\_\_\_\_
  4. Verses 21-31 \_\_\_\_\_
3. How are you strengthening yourself in the Lord to recover? How are you inquiring of the Lord to help you recover? How good are you at taking action on what God shows you to do? What will you do in the next week or two to: (a) make sure that God gets the glory, (b) help ensure those around you are treated fairly, and (c) be generous toward those who helped you along the way?

The Man in the Mirror Bible Study is a community of men passionate about growing and helping as many other men as possible grow too. We come from all walks of life. You're invited to become a member of this movement. Learn more at [mimbiblestudy.com](http://mimbiblestudy.com). We will always be stronger together. Email Pat at [patrickmorley@maninthemirror.org](mailto:patrickmorley@maninthemirror.org) or Brett at [bacllemmer@maninthemirror.org](mailto:bacllemmer@maninthemirror.org).