

## **Sandra Styles– Facilitator Progressive MBC**

### **A Man After God's Own Heart**

Scripture Focus: 2 Samuel 22:1–23:7

Key Question: What does it mean to be a man (or woman) after God's own heart?

#### **Main Idea:**

David was called a man after God's own heart not because he was perfect, but because of how he trusted, obeyed, and turned to God with his whole heart.

His words in this song (2 Samuel 22) show us what God values in the hearts of His people.

### **Key Qualities of a Heart After God**

#### **1. A Heart That Remembers God's Deliverance**

Verse 1

“David spoke to the Lord the words of this song... when the Lord had delivered him...”

- David didn't forget what God had done.
- A godly heart remembers God's faithfulness.

Discussion:

What has God delivered you from?

#### **2. A Heart That Personally Trusts in God**

Verses 2–3

“The Lord is my rock, my fortress... in Him I will trust.”

- David knew God for himself, not just through others.

- A personal relationship builds personal trust.

Discussion:

What does it mean for you to call God your rock?

### **3. A Heart That Turns to God in Trouble**

Verse 7

“In my distress I called upon the Lord... He heard my voice.”

- David cried out when life got hard.
- A godly heart doesn't suffer in silence—it prays.

Discussion:

When life is heavy, do you turn to God first?

### **4. A Heart That Believes in God's Power**

Verses 17–18 The Character of God

“He sent from above, He took me... He delivered me...”

- David trusted that God would show up in power.
- He believed God could handle what he couldn't.

Discussion:

Have you seen God move in your life when you needed Him most?

### **5. A Heart That Knows God's Love**

Verse 20

“He delivered me because He delighted in me.”

- God didn’t rescue David out of obligation, but out of love.
- A godly heart accepts that love.

Discussion:

Do you believe God delights in you? Why or why not?

## **6. A Heart That Desires to Obey**

Verses 21–22

“The Lord rewarded me according to my righteousness...”

- David wasn’t perfect, but he took God seriously.
- He repented, obeyed, and stayed faithful.

Discussion:

How can you grow in obedience, even after failure?

## **Chapter 23:1-7 The Last Words Of David**

### **1. A Heart That Honors God in Leadership**

Verse 3

David emphasizes the importance of justice and reverence in leadership.

A heart after God leads with righteousness and accountability.

Discussion:

How can you lead others with fairness and humility in your home, school, church or job?

## **2. A Heart That Reflects God's Light**

Verse 4

“He shall be like the light of the morning when the sun rises...”

Those who walk in God's ways bring clarity and hope to others.

A godly heart shines bright even in dark situations.

Discussion:

How can your faith bring light to someone's life this week?

## **3. A Heart That Clings to God's Covenant**

Verse 5

David acknowledges that his security isn't in perfection but in God's promise.

A heart after God rests in His faithfulness.

Discussion:

What promises of God do you hold on to when life feels uncertain?

## **4. A Heart That Rejects Wickedness**

Verses 6–7

“The sons of rebellion shall all be as thorns thrust away...”

David draws a sharp contrast between righteousness and rebellion.

A heart after God doesn't compromise with sin.

Discussion: Are there any “thorns” in your life that God is calling you to remove?

## **5. Verses 8-39 David mighty men**

**Reflection Questions for the Week:**

- Which of these heart qualities do you see in yourself?
- Which one do you need to grow in this week?
- How can you live more like someone after God's heart in your home, church, or community?

**What God Wants in Our Hearts**

From David's song, we learn that a heart after God's own heart will:

- Remember what God has done
- Trust God personally
- Call on God in distress
- Believe in God's power
- Accept God's love
- Walk in obedience and repentance