

# **Lessons From the Life of King David in the Bible**



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# Who Was King David?

Before we learn from the life of David, let's make sure we're all on the same page regarding who he was.

David was a shepherd boy who was anointed by the prophet Samuel to be the next king of Israel. **He is known as “a man after God’s own heart,”** and is renowned for his accomplishments as a warrior, king, and leader of Israel.

He is probably most well-known for his victory over the giant Goliath. In 1 Samuel 17, we find David taking on Goliath in a showdown that can teach us important lessons about courage and faith. With just five small stones and a sling, David bested the fierce warrior Goliath. His faith in God enabled him to do the impossible.

**David was one of, if not the greatest, king of Israel (other than Jesus, of course).** His accomplishments as king are remarkable. He secured Jerusalem as the capital of Israel, unified the nation and extended its borders. He composed songs and psalms that are still sung in churches around the world today.

# What Can We Learn From the Life of King David?

King David's life provides us with many lessons we can apply to our own lives. Throughout this guide, we'll look at eight key lessons we can learn from the life of David.

**It's important to remember that David was not perfect.** He sinned in many ways during his life, and he experienced consequences from those sins. And yet David always returned to the Lord in repentance. Part of the reason God honored David was because of David's humility.

**So as we learn about king David, let's remember that he was an imperfect sinner, just like everyone else.** Because of this, we can be encouraged to learn from his life. He wasn't any different than any other human.

Okay, with that said, let's examine the life of David.



# Lesson #1:

## David Sought to Follow God's Will

King David was a man of faith and devotion. He devoted his life to following the will of God, no matter what obstacles stood in his way. He trusted in the Lord and followed His plans and commands with unwavering commitment.

In 1 Samuel 16:7, God explains why He chose David to be the King of Israel: **“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; for man looks on the outward appearance, but the Lord looks on the heart.’”**

This verse shows us that God chose David because of the condition of his heart and not because of any outward appearance. David's heart was oriented toward God. He was willing to follow God's will even when it was hard.

David was willing to follow God when it was hard because he knew that God's way is always the best. In Psalm 18:30, David proclaims, **“As for God, His way is perfect. The word of the LORD is tried; He is a shield to all who take refuge in Him.”**

Therefore, from King David's life we can learn that if we seek to follow God and keep our heart focused on Him and His will, He will be a shield and protector for us. David knew that God's way is perfect. He knew that the word of God was tried and true and could be relied upon.

David was obedient to God even in the most difficult circumstances. In 1 Samuel 17:34-37, David confronts Goliath despite the fact that he is aware of the king's disapproval.

*“But David said to Saul, ‘Your servant has killed both the lion and the bear; and this uncircumcised Philistine will be like one of them, seeing he has defied the armies of the living God. The LORD who delivered me from the paw of the lion and from the paw of the bear will deliver me from the hand of this Philistine.’ And Saul said to David, ‘Go, and may the LORD be with you.’”*

David was willing to obey God even when it put him in danger. He knew that God would protect him and that His ways were always best. David had faith that God was with him and would help Him overcome any obstacle.

From this we can learn that we should also be obedient to God no matter what the circumstance. We can have faith that He will protect us and help us overcome any obstacle we face.

In Proverbs 3:5-6 it says, **“Trust in the Lord with all your heart, and do not rely on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.”**

If we put our trust in God and seek to follow His will, He will guide us and make our path clear. David was devoted to God's will even when it didn't always make sense to him. He was committed to always following God, regardless of whether he thought it was a good idea or bad idea.

In the same way, we should seek to obey the Lord, even if it doesn't entirely make sense. The reality is that God's thoughts are infinitely

higher than ours, and He knows what is good and true.

As it says in Isaiah 55:8-9, **“For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.”**

## **Prayer:**

*Dear God,*

*Please help me to follow your will like David did. Give me the faith to trust in you and your plans for my life. Help me to be obedient even when it is difficult, knowing that you will deliver me from any trouble I may face.*

*Forgive me for the times that I have sought to go my own way. For the times that I have not trusted in your plans and tried to take control of my own life. Help me to grow in faith so that I can faithfully follow you like David did.*

*Give me the strength to walk with you when times are good and when times are bad. Help*

*me to be a person after your own heart. When I am tempted to go my own way, remind me that your way is perfect and I can trust it.*

*In Jesus' name, Amen.*



# **Lesson #2:**

## **David Was Honest With God**

Again and again throughout the Scriptures, we see David being honest with God about his joys and sorrows. He always turned to God first, no matter what he was feeling or going through. He remembered that the Lord is his refuge in times of trouble and that He will provide a way out (Psalm 9:9).

David's honesty with God can be seen in many places throughout the Bible. In Psalm 51, for example, David admits his wrongdoings and pleads for forgiveness: **“Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.”**

From this, we can learn that honesty with God is essential for a true relationship with Him. We must be open and honest about our emotions,

thoughts, and desires in order to draw closer to Him. We cannot hide from God or try to fool Him—we must be completely truthful if we want a real connection with Him.

In Jeremiah 17:10 it says, **“I the Lord search the heart and examine the mind, to reward a man according to his conduct, according to what his deeds deserve.”** When we are honest with God about our hearts and minds, He is able to work in us and make us into who He desires us to be.

Let us strive to be like David—honestly turning to God in all our joys and sorrows. May we learn from his example and seek to be true to the Lord with all our being.

There were times when David even expressed frustration and anger to the Lord. He wasn't frustrated with God Himself, but David felt frustrated and angry about certain circumstances.

For example, in Psalm 13:1-2 David said, **“How long, O LORD? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart?”**

It's okay to be honest about our frustrations and fears. We can turn to God with our worries, doubts, and anxieties. He is our ever-present refuge and deliverer who will always be there to listen.

Let us strive to emulate David's example of honesty with God in all areas of life. May we always seek Him first in the good times and bad, trusting that He knows what is best for us and will never leave us.

## **Prayer:**

*Dear Heavenly Father,*

*Thank you for your faithfulness and mercy. Help me to open my heart before you, so that I can be honest with you. I know that you are a safe place to turn to in times of joy and sorrow.*

*Thank you for never leaving me nor forsaking me, no matter what may come my way. Help me to trust You more with each passing day and to lean on You even when things don't make sense. Give me the courage to be honest with You, knowing that your love for me never falters.*

*Help me to turn to You in all times and seasons. Give me the grace to open up my heart honestly to you, the One who knows all things. Empower me to be truthful about my feelings and to trust that you will give me the strength to persevere whatever comes my way.*

*In Jesus' Name, Amen.*



# Lesson #3:

## David Was Courageous

David was incredibly courageous. Time and again in the Bible we see him plunging into challenging situations, trusting that God would provide a way out. He was not afraid to face adversity and danger, knowing that the Lord would be with him no matter what happened.

**From his youth, David displayed remarkable courage in the face of danger.** As a young shepherd, he encountered vicious animals, such as lions and bears. David faced these animals head on, determined to do whatever he could to protect his flock. And it was no surprise when he later became a great warrior and led Israel into many successful battles.

David's courage is exemplified in 1 Samuel 17 when David faced Goliath—a giant who was intimidating all of Israel. The entire army was fearful, but David trusted God and was willing to take on a seemingly insurmountable challenge.

What was the source of David's incredible courage? It was the Lord. As David said in 1 Samuel 17:37, **“The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine.”**

We can learn from David's example to be courageous in the face of difficulty, trusting that God will provide us strength and wisdom as we go forward. He is our refuge and deliverer who will never leave us or forsake us.

We also see David's courage in the way he related to King Saul. Despite Saul's hostility towards him, David repeatedly refused to retaliate against Saul. He was determined to do right in the eyes of the Lord, trusting that God would vindicate him in due time.

Let us learn from King David's courage and trust in the Lord. May we be willing to step out into difficult situations, knowing that God will provide a way through them. Let us have confidence when facing danger, remembering that our refuge and deliverer is with us always.

In Psalm 46:1, David said, **“God is our refuge and strength, an ever-present help in trouble.”** We can have courage because God is always

with us. He is our refuge and strength. When trouble comes our way, we can rely on God, the almighty One.

Deuteronomy 31:6 says, **“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”** We can take heart and be strong because God is always with us. The constant presence of God is our source of courage.

## **Prayer:**

*Dear Loving Father,*

*Thank you for being my ever-present help in times of trouble. Help me to put my faith in You even when I am afraid or uncertain about what lies ahead. Give me strength and courage as I face difficult situations, knowing that You are with me.*

*Help me to bravely stand for what is right and true no matter how difficult it may be. Give me the strength to persevere through challenging times, trusting that You will see me through. I*

*thank You for being my refuge and deliverer, the One who will never leave me or forsake me.*

*Forgive me for the times I have succumbed to fear rather than courageously trusting in you. I want to always rely on you, regardless of how impossible the situation seems. Help me to remember that You are my strength and hope. May I be courageous like King David, trusting in You through whatever comes my way.*

*In Jesus' Name, Amen.*



# Lesson #4:

## David Was Humble and Repentant

Another important lesson we can learn from King David is humility and repentance. Despite his successes in life, David knew that he was a sinner. In Psalm 51, he acknowledged his guilt and pleaded for God's forgiveness for his sins.

David's humility is also seen in the way he interacted with others, especially those who were weaker than him. Even when Saul sought to kill him, David refused to harm him—an example of true humility. In 1 Samuel 24:4-7, David spared Saul's life because he knew that God alone was to decide Saul's fate.

**We can learn from David's example of humility and repentance. When we sin, let us have the courage to admit it and seek forgiveness.** Let us humbly accept responsibility for our actions rather than trying to pass the blame.

We can also look to the example of David in our interactions with others, remembering that no one is perfect and everyone deserves a second chance.

God promises us redemption and forgiveness when we approach Him honestly and humbly. In Isaiah 1:18, He says **“Come now, let us settle the matter,’ says the Lord. ‘Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.”**

We can trust in His grace and mercy, knowing He will forgive us if we come to Him with humble hearts. This is a lesson we can draw from the life of King David.

God promises that if we are humble, He will give us grace. In James 4:6, it says **“But he gives us more grace. That is why Scripture says: ‘God opposes the proud but shows favor to the humble.’”** Let us come to God with a heart that is open and honest, trusting His grace will cover our sins. If we are proud, God will oppose us.

Humility and repentance are important qualities for us to have in our lives. May we remember the

example of King David, seeking to live with humility and seek forgiveness when we sin.

## **Prayer:**

*Dear Heavenly Father,*

*Thank you for the example of humility that King David set before us. Help me to be humble like him and to ask for forgiveness when I sin. May I accept responsibility and never pass the blame to others. Give me a spirit of humility in my interactions with others, remembering that no one is perfect.*

*Help me to approach You honestly and humbly every time I sin. May I trust in your grace and mercy and know that you will forgive me if I come to you sincerely asking for forgiveness. Strengthen my faith so that I will not be tempted to rely on myself but on You.*

*Forgive me for the times that I have been proud. Forgive me for not coming to You with a humble heart. I thank You for Your grace and mercy that cover all my sins.*

*In Jesus' Name, Amen.*



# Lesson #5:

## David Was Loyal

The life of King David also teaches us about loyalty. Throughout his life, he was loyal to God and loyal to others, despite the many challenges and hardships he experienced.

David was loyal to God and put his faith in Him even when it seemed impossible. When he was running for his life from Saul, David refused to take matters into his own hands or give in to fear. He trusted that God would provide a way out and deliver him from trouble.

In 1 Samuel 23:14 we read, **“But David stayed in the strongholds in the wilderness, and remained in the hill country in the wilderness of Ziph. Day after day Saul searched for him, but God did not give David into his hands.”**

David had numerous opportunities to kill Saul, and yet he refused to do so. Incredibly, he was loyal to Saul even when Saul was not loyal to him. He treated Saul with respect and honor

even as Saul was trying to kill him. This is loyalty to an incredible degree.

In Psalm 63:8, David writes **“My soul clings to you; your right hand upholds me.”** We can learn from this example of faithfulness and loyalty, trusting that God will be with us even in the darkest times.

We can also draw lessons about loyalty when it comes to our relationships with others. David was loyal to his friends and acquaintances, even those who betrayed him.

In Psalm 55:12-13, David writes **“If an enemy were insulting me, I could endure it; if a foe were raising himself against me, I could hide from him. But it is you, a man like myself, my companion, my close friend.”**

David was loyal even to those who betrayed him. He did not hold grudges or seek revenge, but instead responded with grace and mercy. May we strive to emulate this kind of loyalty in our relationships with others, always treating them with respect and kindness, no matter what they have done.

He was a loyal friend and mentor to Jonathan, staying true to his promises. He was loyal to the people of Israel, leading them with courage and justice. We can learn from the example of David to be loyal to God and others.

May we choose to trust in God's provision and have faith that His plans will prevail. May we also choose to be loyal to others, even when they do not show us loyalty in return.

## **Prayer:**

*Dear Heavenly Father,*

*Thank you for the example of loyalty that King David set before us. Help me to be loyal like him and to keep my promises even when it seems impossible. May I trust in Your provision and have faith that Your plans will prevail.*

*Give me a spirit of loyalty in my relationships with others, remembering that You have always been faithful to me. Help me always extend grace and mercy to others, even when they are not kind to me.*

*Forgive me for the times that I have been disloyal. Forgive me for the times I have not been a faithful friend. Forgive me for the times I have not been loyal to you. I thank You for Your grace and mercy that cover all my sins.*

*In Jesus' Name, Amen.*



# **Lesson #6:**

## **David Learned From His Failures**

David was not a perfect man. He was a sinner, just like everyone else. Yet despite his many sins and failures, he was able to learn from them and grow in wisdom.

We read in 2 Samuel 12:13-14:

*“David said to Nathan, ‘I have sinned against the Lord.’ And Nathan said to David, ‘The Lord also has put away your sin; you shall not die. However, because by this deed you have given great occasion to the enemies of the Lord to blaspheme, the child also that is born to you shall surely die.’”*

When Nathan confronted David about his sin with Bathsheba, he did not try and make excuses or downplay what he had done. He

acknowledged his sin, accepted the consequences of his actions, and repented.

This is an important lesson for us all. Every time we sin, we should be honest with ourselves and with God about our mistakes and humble enough to admit fault. We cannot learn from our failures unless we are willing to face them head-on and accept responsibility for our actions.

In Psalm 51:1-2, David writes **“Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin!”**

In this prayer we can see how David humbly acknowledges his sin and asks for forgiveness. We can learn from his example and remember to own up to our mistakes and ask for God’s forgiveness.

We also see that God gives us grace when we humbly repent of our sins. Just like God forgave David of his sins, He will also forgive us when we repent and turn away from our wrongdoings.

**May we learn to be honest with ourselves in the face of failure and have the courage to admit our mistakes and ask for forgiveness.**

God is always ready to forgive us if we are willing to turn away from our sins and accept His grace.

In Psalm 51:10 David writes **“Create in me a clean heart, O God, and renew a right spirit within me.”** May we learn to be humble and open-hearted enough to receive restoration from the Lord. We must allow Him to work within us and create something new out of our failures.

The good news is that God works everything, even including our sins, for our good and God's glory. Romans 8:28 says, **“And we know that for those who love God all things work together for good, for those who are called according to his purpose.”**

We can find comfort in knowing that God can use even our failures for good. God can take our worst mistakes and turn them into something beautiful. We just have to have faith and trust in Him.

## Prayer:

*Dear Heavenly Father,*

*Help me to learn from the example of King David and have the courage to admit my mistakes. Forgive me for the times I have failed to be honest with myself about my transgressions. Give me a spirit of humility and grace so that I may accept the consequences of my actions with humility.*

*When I sin, help me to come to you in repentance. Help me to trust in your mercy and know that you can forgive even my worst mistakes. Thank you for your abundant mercy and grace that you are always ready to pour out on me.*

*Help me also to trust in You, knowing that You can take even my greatest failings and turn them into something beautiful. Help me believe that your grace is greater than my sin. That your mercy is stronger than my failures.*

*In Jesus' name, Amen.*



# Lesson #7:

## David Acknowledged the Sovereignty of God

When we say that God is sovereign, we mean that He is the ultimate authority, ruler and judge of all things. Everything that happens comes under His purview and He is in control of it all. Nothing happens without God allowing it to happen and everything goes according to His plan.

David knew this truth better than anyone. In 2 Samuel 24:1, we see that **“The anger of the Lord was kindled against Israel, and he incited David against them, saying, ‘Go, number Israel and Judah.’”**

In this passage we can see that although David was the one to give the order to count up Israel and Judah, it was God who ultimately allowed it to happen. David's actions were in perfect accordance with God's sovereign plan.

God is sovereign in every way and He has ultimate authority over all things. In Psalm 139:16, David writes, **“Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.”**

David acknowledges here how God knows and sees all things. He knows our past and future before we ever do and He is in control of it all. All of our days are known by God before we are born. Nothing is unexpected to God.

We can have faith in His plan for our lives, no matter what comes our way. We can rest securely in the knowledge that God is always in control and nothing can surprise Him.

We must remember that God is ultimately in charge and He works out His will according to His perfect plan. It is our job to trust Him and move according to his plans and purposes. We may not always know why things happen, but we must remember that they are all working towards His ultimate good.

Let us learn to trust in God's sovereignty and rely on Him for direction. When things don't

make sense, remember that He is still in control and working out a perfect plan even when we cannot see it.

When life throws a curveball, may we look to Him for guidance and comfort. May we remember His promise that He is never caught off guard, but rather He works all things together for our good and His glory.

In Psalm 103:19, David reminds us that **“The Lord has established his throne in the heavens, and his kingdom rules over all.”** May we never forget that God is sovereign and can turn even our greatest mistakes into a beautiful masterpiece.

## **Prayer:**

*Heavenly Father,*

*Thank you for your sovereignty over all things. You are the ultimate authority in my life and your will be done. Help me to remember that nothing can surprise you and you are always at work in my life, even when I don't understand what is happening.*

*Give me the grace to trust in You despite the difficult circumstances I find myself in. May I never forget that Your plans are perfect, even when they are hard to comprehend.*

*Always lead me in the path of righteousness and help me to rely on Your guidance and trust in Your plans for my life. I remember that You have a perfect plan, even when I can't see it.*

*In Jesus' name, Amen.*



# Lesson #8:

## David Constantly Worshiped God

Throughout all of his hardships, David was constantly praising God. In Psalm 18:3, he writes, **“I call upon the Lord, who is worthy to be praised.”**

No matter what situation he found himself in, David was always quick to praise the Lord and acknowledge His worthiness. He understood that God alone is worthy of praise and worship, and it was his constant focus to give glory to the Lord no matter what.

We can learn from David's example and strive to always be worshiping God. No matter what circumstances we find ourselves in, we must remember that the Lord is still worthy of our worship and praise.

We must remember that although we may be going through difficult times, God is still in control and He deserves all of the glory. Let us

strive to follow David's example and never forget to give honor and praise to the Lord for who He is.

**Psalm 145:1-3 says "I will extol you, my God and King, and bless Your name forever and ever. Every day I will bless You and praise Your name forever and ever. Great is the Lord, and greatly to be praised, and His greatness is unsearchable."**

David was always seeking to worship the Lord. Day in and day out, he gave praise to the Lord. It's important to remember that worship isn't just what happens when we go to church. Worship is a way of life. We can learn from David's example and strive to live a life of continual worship.

No matter what we are going through, God deserves all of our adoration and praise. May we strive to follow David's lead and give honor and glory to the Lord every day.

## **Prayer:**

*Heavenly Father,*

*Thank you for being the only One worthy of all worship and praise. I pray that You would help me to remember that no matter what circumstances I find myself in, You are still deserving of my honor and adoration. Help me to live a life of worship that glorifies Your name.*

*Give me a heart that seeks to worship You in all things. Allow my life to be an example of one who always points others to You and gives glory to Your name. Like David, I want to have a heart that is always ready and eager to praise you.*

*Forgive me for the times I've complained rather than worshiped. Help me to replace my complaining with praise.*

*In Jesus' name, Amen.*



# Good News

We've covered a lot of ground in this guide.

We've looked at David's:

- Desire to follow God's will
- Honesty with God
- Courage in the face of danger
- Humility and repentance
- Loyalty to others
- Ability to learn from failure
- Acknowledgement of God's sovereignty
- Life of worship

You may feel overwhelmed after looking at David's life. You may feel like there's no way you can live up to the example of David. The good news is that God doesn't accept you based on how well you live. He accepts you because you believe in Jesus Christ for salvation.

So start by focusing on just one area for growth. Maybe you need to grow in courage or humility. Don't try to grow in all these areas at

one time. Start with one primary focus and go from there.

You can be confident that God will help you grow. He loves you and is eager to help you change.