

## **Spiraling: Escaping the Downward Spiral**

### **Part 2: Doubt and Insecurity**

July 17, 2022

*Saul selected 3,000 special troops from the army of Israel and sent the rest of the men home. Soon after this, Jonathan attacked and defeated the garrison of Philistines at Geba...*  
(1 Samuel 13:2-3a, New Living Translation)

*There were no blacksmiths in the land of Israel in those days. The Philistines wouldn't allow them for fear they would make swords and spears for the Hebrews. . . . none of the people of Israel had a sword or spear, except for Saul and Jonathan.*  
(1 Samuel 13:19-22, NLT)

### **RECOGNIZE THE WARNING SIGNS OF THE DOWNWARD SPIRAL**

## **1. Am I tolerating sin in my life?**

*...The news spread quickly among the Philistines. So Saul blew the ram's horn throughout the land, saying, 'Hebrews, hear this! Rise up in revolt!'*  
(1 Samuel 13:3b, NLT)

*The Philistines mustered a mighty army of 3,000 chariots, 6,000 charioteers, and as many warriors as the grains of sand on the seashore!*  
(1 Samuel 13:4-5, NLT)

*The men of Israel saw what a tight spot they were in; and because they were hard pressed by the enemy, they tried to hide in caves, thickets, rocks, holes, and cisterns. ....Meanwhile, Saul stayed at Gilgal, and his men were trembling with fear.*  
(1 Samuel 13:6-7, NLT)

## **2. Am I obeying God's Word?**

*Saul waited there seven days for Samuel, as Samuel had instructed him earlier, but Samuel still didn't come. Saul realized that his troops were rapidly slipping away.*  
(1 Samuel 13:8, NLT)

*Saul realized that his troops were rapidly slipping away. So he demanded, 'Bring me the burnt offering and the peace offerings!' And Saul sacrificed the burnt offering himself.*  
(1 Samuel 13:8-9, NLT)

*Just as Saul was finishing with the burnt offering, Samuel arrived. Saul went out to meet and welcome him, but Samuel said, 'What is this you have done?'*

*Saul replied, 'I saw my men scattering from me, and you didn't arrive when you said you would, and the Philistines are at Micmash ready for battle.' So I said, 'The Philistines are ready to march against us at Gilgal, and I haven't even asked for the Lord's help! 'So I felt compelled to offer the burnt offering myself before you came.*  
(1 Samuel 13:10-12, NLT)

## **3. Am I making excuses for my sin?**

*"How foolish!" Samuel exclaimed. "You have not kept the command the Lord your God gave you. Had you kept it, the Lord would have established your kingdom over Israel forever. But now your kingdom must end, for the Lord has sought out a man after his own heart. The Lord has already appointed him to be the leader of his people, because you have not kept the Lord's command."*  
(1 Samuel 13:13-14, NLT)

*When Saul counted the men who were still with him, he found only 600 were left!*  
(1 Samuel 13:15, NLT)

## **HOW DO YOU PULL OUT OF THIS DOWNWARD SPIRAL OF INSECURITY AND DOUBT?**

*One day Jonathan said to his armor bearer, "Come on, let's go over to where the Philistines have their outpost."*  
(1 Samuel 14:1, NLT)

### **1. Take step in the right direction.**

*Perhaps the Lord will help us, for nothing can hinder the Lord. He can win a battle whether he has many warriors or only a few!*  
(1 Samuel 14:6, NLT)

### **2. Tell yourself the truth.**

*You will know the truth, and the truth will set you free.*  
(John 8:32, NLT)

*I can do everything through Christ, who gives me strength.*  
(Philippians 4:13, NLT)

*"Do what you think is best," the armor bearer replied. "I'm with you completely, whatever you decide." "All right then," Jonathan told him. "We will cross over and let them see us. If they say to us, 'Stay where you are or we'll kill you,' then we will stop and not go up to them. But if they say, 'Come on up and fight,' then we will go up. That will be the Lord's sign that he will help us defeat them."*  
(1 Samuel 14:7-10, NLT)

### **3. Ask God for confirmation.**

*Then the men from the outpost shouted to Jonathan, "Come on up here, and we'll teach you a lesson!" "Come on, climb right behind me," Jonathan said to his armor bearer, "for the Lord will help us defeat them!"*  
(1 Samuel 14:12, NLT)

### **4. Trust God to handle the outcome.**

*Suddenly, panic broke out in the Philistine army. . . . And just then an earthquake struck, and everyone was terrified.*  
(1 Samuel 14:15, NLT)

*Then Saul and all his men rushed out to the battle and found the Philistines killing each other. There was terrible confusion everywhere.*

*Even the Hebrews who had previously gone over to the Philistine army revolted and joined in with Saul, Jonathan, and the rest of the Israelites.*

*Likewise, the men of Israel who were hiding in the hill country of Ephraim joined the chase when they saw the Philistines running away.*  
(1 Samuel 14:20-22, NLT)