

Notes for home study – week beginning 15th November 2015, next before Advent

'With the help of my God I can leap over a wall'

Feel free to use as much or as little as you wish.

Read Ps 18:27-33 and 2 Sam 22:28-34. What do you notice? Look at the rest of Ps 18 and 2 Sam 22. *This is one Psalm we can definitely say who wrote it and when.* What is the context? - See 2 Sam 22:1

Look at 2 Sam 22:30. (*I prefer the translation above (New Century Version) because it is so much more dynamic!*) What kind of wall did God enable David to leap over?

Now think about 'walls' which God might help us over:

1) **In our own lives** – obstacles to faith or spiritual progress. *I once had a colleague who was a racing cyclist; he spoke of 'hitting the wall' meaning exhaustion beyond which progress was impossible.* What 'walls' have you ever met in your faith? Here are some common ones, most experienced by David:

Doubt – sadness – guilt – illness – consequences of past actions – bereavement – world events. Can you share examples of these or others? *You could give people a minute or two to think.*

How did you get over the wall? How can you be uplifted? Use this Advent to ask God to help you confront and leap over any wall which is liable to be a block to your faith going forward.

2) **Between person and person** – or one group against another. Hurt – lack of communication – mistrust – suspicion and rumour – hatred – *another layer on the wall* - more hurt... again David know all about this.

Any examples for you? Spouse? Family? Work? Neighbours? Community? World? How can these walls be surmounted?

How can our will work with God? Notice that David still felt he had to do some 'leaping': God, in this instance did not miraculously lift him over and deposit him on the other side. What could you do this Advent to enable God to help you leap?

3) **Between people and God** – this kind of wall has always been unclimbable. 'Religion' seeks to reach God but fails. God had to act to reach us. **Read** Eph 2:13-16. Good news the world needs to hear, especially those stuck in Old Testament religions.

What does the word 'leap' convey to you? **Read** Luke 1:39-45. In what ways can we bring something of the joy of God's Holy Spirit into the worlds we inhabit? Who could you invite this Advent / Christmastide? *Prime time for people to hear some Good News.* How can you show it is real for you?

Pray for God to help you and others leap over a wall. Even as an act of will, start and finish with praise – eg 2 Sam 22:47, 50