

Learning from the Account of David and Saul

Study Activity 1

Read 1 Samuel 18:6–16 and complete the chart below based on what you find. (*Note: The Joseph Smith Translation for 1 Samuel 18:10 clarifies that the evil spirit that came upon Saul “was not of God.”*)

Saul’s Actions	David’s Response

Questions for discussion:

- How could choosing to become jealous or angry separate you from God?
- “David behaved himself wisely” (1 Samuel 18:14), despite Saul’s anger toward him. What do you think it can look like for you to behave wisely during contentious situations?
- What is a principle or truth you learn from this account that could help you in contentious situations?
(Write your truth below.)

Study Activity 2

Saul became jealous of David and made multiple attempts to kill him. As a result, David fled into the wilderness for safety.

Read 1 Samuel 24:1–15 and complete the chart below based on what you find.

Saul’s Actions	David’s Response

Questions for discussion:

- Who did David say was the judge between him and Saul? How did remembering this influence David’s actions?
- What is a principle or truth you learn from this account that could help you in contentious situations?
(Write your truth below.)