

## A Sound Mind And A Body To Follow Suit Study #1

### 2 Samuel 11

#### Verse 5

This sounds like modern-day sleeping around with a man/woman you have no business and instead of having an abortion in the way we know it he essentially still aborts a life

**Abort** -bring to a **premature** end because of a problem or fault.

#### Verse 6-15

David is pulling out his best tricks to cover for his mistakes. Uriah obviously honored David enough for David to tell him the truth! but sometimes the truth makes us look bad. The truth shows people that we don't have it all together even if we expect this of them.

#### Journal point

Think of a time that you told a lie that unfolded and someone else took a hit for your misdeed.

I want you to write them an apology letter ( even though they can't see it ) what would you want to say to them? Then I want you to write an apology to yourself and lastly Repent!

### Verse 26

Mourning does have an expiration date! sometimes you can mourn about something too long and because of this, you delay God's justice concerning the issue.

Make sure that your mourning does not turn into idolatry of something or someone that has died ( necromancy ) which is a sin with an assigned curse according to

### Deuteronomy 5:6-9

6 "I am the LORD your God, who brought you out of Egypt, out of the land of slavery.7 "You shall have no other gods before<sup>[a]</sup> me.8 "You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. 9 You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me,

But I don't hate God...

John 14:15 - if you really love me, you will keep and obey my commandments

You shall have no other Gods before me Is a command

Journal point

Write about something that you know that the time for mourning is over. What has kept you from moving on? In this letter ask God for steps to move forward and as he reveals them to you write them down.

## 2 Samuel 12:5-6

Can you recall a time when you wanted the harshest punishment done to someone else and then came to realize that you had done the same thing?

## 2 Samuel 12:7-17

That is what set David apart from most of us ! he recognized the Father through the prophet Nathan and went into repentance. he didn't deny what he had done. I assume that he remembers Saul and how he cared more about what people thought than what God was saying. So at that moment, he had to make things right he immediately recognized that it wasn't against man that he sinned but God.

## 2 Samuel 12:14-23

Is so GOOD! We see a man petitioning God ( prayer and fasting ) but when the child is dead he gets up and continues life! Why do you think this is? The Lord answered him! See they didn't know what he had done, but David was fully aware that this was the hand of the lord. I bet there were people making assumptions about Bathsheba's pregnancy so soon after her husband died, and

I'm sure some of their speculations were confirmed once they witnessed David mourning over the child.

## Journal Point

Write about a time that God answered you in a way that seemed to be a tragedy to others.

Have you ever wondered what Fasting looks like?

## 2 Samuel 12:22-23 Amp

**22** David said, “While the child was still alive, I fasted and wept; for I thought, ‘Who knows, the LORD may be gracious to me and the child may live.’ **23** But now he is dead; why should I [continue to] fast? Can I bring him back again? I will go to him [when I die], but he will not return to me.”

A time of weeping and repenting fasting unlike what culture has taught is not a **weight loss-** tool. It definitely will help get your body in order but it is a **weight-drop** tool

## Hebrews 12:1 Amp

Therefore, since we are surrounded by so great a cloud of witnesses [who by faith have testified to the truth of God's absolute faithfulness], stripping off every unnecessary weight and the sin which so easily *and* cleverly entangles us, let us run with endurance *and* active persistence the race that is set before us,

## Journal point

What are some weights and sins that have easily kept you repeating the same cycle for years? perhaps these are generational sins and your mother and mother's mother dealt with it as well.

## Closing

I encourage you to pray about the areas that you have written about and if those prayers seem to be hindered then Fast.

**Matthew 17:21** tells us that

***this kind does not go out except by prayer and fasting.***

I encourage you to read **Matthew chapter 17** so that you can see for yourself the context in which Jesus told this to the disciples.

But it is possible to be praying for years about this kind when you should be fasting and praying!

[Check out my fasting plan](#)