

Conversation Starters

- Have you ever channeled energy in a negative way?
- Have you heard of any recent examples of positively channeled energy?

Discuss

We all have a certain amount of energy that can be channeled in a good way, or a not so good way. Looking at the life of David, we see how easy it is to let your energy go in the wrong direction if you don't channel it in the right way.

“In the spring of the year, when kings normally go out to war, David sent Joab and the Israelite army....However, David stayed behind in Jerusalem.” ([2 Samuel 11:1, NLT](#))

- Like David, have you ever rested a bit too much after reaching a particular milestone?
- In what areas of life are you tempted to rest right now?
- Considering David's three big chapters in his story, what can we learn for our life?

If we keep our missional energy turned outward, toward making a difference for God and His purposes, goals and vision for our life, then we will be productive and positive. When we don't, we're like a king who didn't go off to war.

- How are you deepening your faith right now?
- How are you serving others right now?
- Are there areas of life where you are not invested at all?

Next Steps

In a season like we are in, we may not feel like we can't direct our energy outward; but it may be that we need to find new ways to direct our energy for Christ, our family, friends, neighbors and co-workers. Take one area of life to think creatively about how you can redirect your energy in God-honoring ways.

Sept 21: [The Meck Institute: The Practice and Purpose of Prayer](#)

Sept 24: [2020 Church & Culture Conference](#)

Sept 26: [Second Harvest Food Bank Serve Day](#)

Sept 28/30: [TeamLifeOnline](#)

Oct 2: [Family Night Live!](#)

Further Reflection

Read [2 Samuel 11:1-3](#).

Pray

God, you have given us today, with all of the energy we need for it. It's tempting for us to use it in all of the wrong ways, or not at all. Thank you for trusting us with it. Help us to use it wisely and turn outward to loving and serving others in ways that bring honor to you.