

THE 7 M'S

OR HOW TO HAVE A GREAT WEEK AT COWBOY'S BEST!

- 1) NO **M**ISSING MEETINGS.
- 2) NO **M**ISSING MEALS.
- 3) NO **M**ESSING AROUND.
- 4) **M**ODESTY.
- 5) **M**ANDATORY SUNBLOCK/WATER.
- 6) **M**UST WEAR SHOES.
- 7) **M**UST HAVE FUN!

BIBLE STUDY GUIDE

AT COWBOY'S REST WE BELIEVE that personal Bible study is one of the most important things you can do to strengthen your walk with Christ. Private study helps us get to know the character of our great God and builds a relationship with Him. We hope that you take some time this week to get alone with God and dive into His Word!

Opening scripture without any guidance can be overwhelming at first, so we would like to provide some helpful starting points and questions for you to ask yourself as you work through the Scripture.

STARTING POINTS

WHO IS GOD? --- Isaiah 40:28-31, Psalm 33

WHO IS JESUS? --- John 5 & 10, Philippians 2

WHY DO WE NEED JESUS? --- Romans 3 & 8, John 3

STRUGGLING WITH LONELINESS --- Psalm 27, Romans 8: 31-38

STRUGGLING WITH ANGER — James 4, Ephesians 4

STRUGGLING WITH ANXIETY --- Philippians 4, Matthew 6:25-34

STRUGGLING WITH MY PAST --- Romans 8, 2 Corinthians 5, 1 John 1

MIND RATIONS FOR HUNGRY SOLDIERS:

1. "How is my heart more in Love with God now?"
2. "How am I more aware or in awe of God's greatness?"
3. "If this is really true, is confession my next logical step?"
4. "What false attitudes, wrong behaviors, and harmful emotions take over when I choose to ignore this?"
5. How does this Truth affect my life goals? What am I learning about myself and yearning for God to change in me?"

6. Why do You still Love me, God... is it True nothing I can think or do will make You Love me any more or any less?

... WHY TELL ME THIS NOW, GOD? WHY NOT BEFORE?

SCRIPTURE MEMORIZATION CHALLENGE

ATTENTION, SOLDIERS!

Your Company will receive 1 point for each of the verses you recite below. Monday and Tuesday's verses must be recited by the end of breakfast on Wednesday morning. Wednesday and Thursday's verses must be recited by the end of breakfast on Friday morning. The verses assigned for Friday and Saturday are all due at breakfast on Saturday morning, along with both bonus challenges.

THE “BE-ALL-YOU-CAN-BE” BONUS CHALLENGE:

Recite all 24 selected verses from Psalm 18 below in one sitting without any mistakes, and your Company will receive 20 additional merit points. Remember, the points you can earn individually just by reciting verses, will help your team win!

THE “ARMY-ØF-ONE” BONUS CHALLENGE:

Recite all 50 verses of Psalm 18 out of your Bible in one sitting without any mistakes, and your Company will receive 40 additional merit points after all other merit points are tallied. Sound good? Then double-time it and start memorizing!

SELECTIONS FROM PSALM 18

MONDAY

1 For the choir director. A Psalm of David the servant of the LORD, who spoke to the LORD the words of this song in the day that the LORD delivered him from the hand of all his enemies and from the hand of Saul. And he said, "I love You, O LORD, my strength."

TUESDAY

2 The LORD is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge;, My shield and the horn of my salvation, my stronghold. **3** I call upon the LORD, who is worthy to be praised, And I am saved from my enemies. **4** The cords of death encompassed me, And the torrents of ungodliness terrified me. **5** The cords of Sheol surrounded me; The snares of death confronted me. **6** In my distress I called upon the LORD, And cried to my God for help; He heard my voice out of His temple, And my cry for help before Him came into His ears.

WEDNESDAY

16 He sent from on high, He took me; He drew me out of many waters. **17** He delivered me from my strong enemy, And from those who hated me, for they were too mighty for me. **18** They confronted me in the day of my calamity, But the LORD was my stay. **19** He brought me forth also into a broad place; He rescued me, because He delighted in me.

THURSDAY

27 For You save an afflicted people, But haughty eyes You abase. **28** For You light my lamp; The LORD my God illumines my darkness.

29 For by You I can run upon a troop; And by my God I can leap over a wall.

30 As for God, His way is blameless; The word of the LORD is tried; He is a shield to all who take refuge in Him. **31** For who is God, but the LORD? And who is a rock, except our God, **32** The God who girds me with strength And makes my way blameless.

FRIDAY

33 He makes my feet like hinds' feet, And sets me upon my high places. **34** He trains my hands for battle, So that my arms can bend a bow of bronze. **35** You have also given me the shield of Your salvation, And Your right hand upholds me; And Your gentleness makes me great. **46** The LORD lives, and blessed be my rock; And exalted be the God of my salvation, **47** The God who executes vengeance for me, And subdues peoples under me.

SATURDAY

48 He delivers me from my enemies; Surely You lift me above those who rise up against me; You rescue me from the violent man. **49** Therefore I will give thanks to You among the nations, O LORD, And I will sing praises to Your name. **50** He gives great deliverance to His king, And shows lovingkindness to His anointed, To David and his descendants forever.

Also Memorize 1 Samuel 2: 8-9 For Extra encouragement in life and points this week.

WHAT STANDS OUT TO ME IN DAVID'S PSALM?

CODE-NAME: MASHIYACH

MONDAY EVENING CHAPEL

SAUL THE ANOINTED ONE

ANOINTED ONE: A man chosen by the LORD to lead His people and do battle for their deliverance.

Like David, we also must learn to relinquish command of our lives to the mighty Warrior we call LORD.

Whatever foes we may face, whatever spiritual giants may loom ahead, our heavenly Commander in Chief is greater than any power of darkness. He is...

MASHIYACH -- *Melech ha-M'lachim* --

Messiah the King of kings. He is Jesus the Christ, and He has overcome this world. This week we are enlisting in the spiritual

army of **MASHIYACH** and learning to carry out His orders. "Thanks be to God who gives us the victory through our Lord Jesus Christ."

THE LIFE OF SAUL IN REVIEW: 1 Samuel chapters 8-15 overview

KEY PASSAGE: 1 Samuel 16:1-13

KEY EVENT: David is anointed by Samuel.

MONDAY NIGHT PLATOON

DEBRIEF

INTRODUCTION: As we study the events of David's life this week, we'll also have the opportunity to examine his heart. We'll do this by reading some of the poems or psalms that David wrote while he was living out the situations described in 1 Samuel. At least 73 of David's private prayers are preserved in writing within the Book of Psalms. Since David was a man after God's own heart, perhaps the LORD included so many of his prayers in Scripture so that we could see how such a man thinks, feels, acts and communicates with God. We'll be focusing on selected psalms of David both in the mornings at Dawn Patrol and in the evenings during these Debrief sessions.

These nighttime cabin discussions are meant to give you an opportunity to reflect upon the day and to share your thoughts with your platoon. They are also meant to help us all end each day by meditating on one last passage from God's Word. So, let's get started...

READ PSALM 23 TOGETHER & SHARE IDEAS AS A GROUP.

How is the world we live in like "The valley of the shadow of death" David described? What kinds of evil do we fear?

God says He can comfort us with rod and staff, and give us rest in green meadows by streams, at a banquet table... how?

How can we all pray for our cabin-mates tonight?

ALONE TIME WITH MY HOLY COMMANDER...

My favorite part of today was _____.

God, what was your favorite?

This was a lie or un-true opinion I had about myself that You cleared up today:

You chose David to do good work for you, God...

might be something I think you are preparing me for.

You anointed and filled David with your Spirit, God... Please fill me tonight like You filled him.

TUESDAY AM CABIN DEVOTIONS

DAVID THE COURT MUSICIAN

KEY PASSAGE: Read 1 Samuel 16:13-23

KEY EVENTS: David becomes Saul's harpist and armor-bearer.

God sent the evil spirit to torment Saul in his disobedience... how does God do that today?

What gifts has God given us to use to comfort and serve the leaders in our life?

Am I willing to serve my home, school and work leaders, no matter how they rule over people or treat me?



TUESDAY AM CHAPEL

DAVID THE GIANT SLAYER

KEY PASSAGE: 1 Samuel 17:1-58

KEY EVENT: David slays Goliath.

CODE-NAME: MASHIYACH.

TUESDAY EVENING CHAPEL

**DAVID THE COMMANDER OF A
THOUSAND.**

KEY PASSAGE: 1 Samuel 18:1 - 19:24

KEY EVENT: Saul grows jealous of David and attempts to kill him. God uses Jonathan, Michal and Samuel to protect David.

TUESDAY NIGHT PLATOON DEBRIEF

READ PSALM 27 TOGETHER & SHARE IDEAS AS A GROUP.

How is the Lord my Light and my stronghold... are we trusting in His promises or going into battle with the world's weapons? What are they? Can we choose better??

Are we ever Jealous or envious of others like Saul was? Do we hate people like he hated David?

What goliaths do we face when we feel attacked, mentally, emotionally, physically? How can we stay confident in God? Are we willing to wait for His rescue?

How can we all pray for our cabin-mates tonight?

ALONE TIME WITH MY HOLY COMMANDER...

My favorite part of today was _____.

God, what was your favorite?

This was a lie or un-true opinion I had about myself that You cleared up today:

_____.

You chose David to do good work for you, God...

might be something I think you are preparing me for.

You anointed and filled David with your Spirit, God... Please fill me tonight like You filled him.

WEDNESDAY AM CABIN DEVOTIONS

DAVID THE TRUE FRIEND

KEY PASSAGE: READ 1 SAMUEL 20: 1-42

KEY EVENTS: David and Jonathan reaffirm their covenant as he flees Saul's court.

Do we have friends we love like they did, who we can trust with everything?

Jonathan risked everything to help his friend survive... What practical ways can we help others who feel attacked, hurt, helpless or hopeless?



WEDNESDAY AM CHAPEL

DAVID THE FUGITIVE

KEY PASSAGE: 1 SAMUEL 21: 1 - 22:1 & 22: 6 - 23

KEY EVENTS: David lies to some and fakes madness before others... surviving in the wilderness, while Saul murders the priests of Nob for helping him.

CODE-NAME: MASHIYACH.

WEDNESDAY EVENING CHAPEL

DAVID THE CAPTAIN OF THE OUTLAWS.

KEY PASSAGE: 1 Samuel 22: 1 - 5 & 23: 1 - 29

KEY EVENTS: David's band of men multiplies. God sends David to rescue Keilah from attacking Philistines, then uses Philistines somewhere else to divert Saul and rescue him in the wilderness of Maons.

WEDNESDAY NIGHT PLATOON DEBRIEF

READ PSALM 56 TOGETHER & SHARE IDEAS AS A GROUP.

David asked God for mercy... why? Do we need God's mercy too?
How often?

David thanks God for His help; His deliverance from death and daily stumbling... do we?

Saul's envy grew into murdering anyone who defied him... we do bad things to people who don't agree with us, too... Not murder, but is it just as bad?

How can we all pray for our cabin-mates tonight?

ALONE TIME WITH MY HOLY COMMANDER...

My favorite part of today was _____.

God, what was your favorite?

This was a lie or un-true opinion I had about myself that You cleared up today:

You chose David to do good work for you, God...

might be something I think you are preparing me for.

You anointed and filled David with your Spirit, God... Please fill me tonight like You filled him.

THURSDAY AM CABIN DEVOTIONS

DAVID THE RIGHTEOUS - PART 1

KEY PASSAGE: Read 1 Samuel 24: 1-22

KEY EVENTS: David spares Saul's life at Engedi.

Do we get revenge??? or show our enemies the same amazing mercy God has shown us?

READ PROV 25: 21-22 TOGETHER. Does God have a better plan to bless us and them when we choose to serve our enemies?

THURSDAY AM CHAPEL

DAVID THE RIGHTEOUS - PART 2

KEY PASSAGE: 1 Samuel 25:1 - 26:25

KEY EVENTS: David spares Nabal, marries his widow, Abigail, then spares Saul again at Hachilah.



CODE-NAME: MASHIYACH.

THURSDAY EVENING CHAPEL

DAVID THE DOUBTFUL.

KEY PASSAGES: 1 SAMUEL 27: 1 - 28:2 & 29: 1 - 11

KEY EVENTS: DAVID JOINS THE PHILISTINES AND GETS ZIKLAG AS A GIFT. THE PHILISTINE COMMANDERS REJECT DAVID.

THURSDAY NIGHT PLATOON

DEBRIEF

READ PSALM 57 TOGETHER & SHARE IDEAS AS A GROUP.

David keeps crying out to God for mercy... why? Did he just mess up more, or did he just notice more how much he messed up?

David respected Abigail's selfless humility ... instead of taking revenge... Is that how we usually roll?

Catching our enemies asleep or defenseless is so tempting... How did David overcome the urge to avenge his reputation? Can we respond righteously, too, when temptation calls?

How can we all pray for our cabin-mates tonight?

ALONE TIME WITH MY HOLY COMMANDER...

My favorite part of today was _____.

God, what was your favorite?

This was a lie or un-true opinion I had about myself that You cleared up today:

You chose David to do good work for you, God...

might be something I think you are preparing me for.

You anointed and filled David with your Spirit, God... Please fill me tonight like You filled him.

FRIDAY AM CABIN DEVOTIONS

SAUL THE REBELLIOUS

KEY PASSAGE: READ 1 SAMUEL 28: 3-25

KEY EVENT: Saul consults the medium at En-dor...

(HE ASKS A WITCH FOR HELP)

Do we sometimes trust our worldly companions or resources for Truth and advice instead of just asking God? How's that been working for us usually?

God told Saul the truth anyway, even through totally weird circumstances. His decisions to ignore God's will and live disobediently had grave consequences, and so do ours.

It was too late for Saul to turn back, but we are never too far, or too dirty, and it's never too late for us to surrender our whole life to God, through Jesus Christ.

Today can we personally pray for all who still need to turn back to God or fully surrender to Him as Lord... How can we pray for others in general, or for me personally right now?



FRIDAY AM CHAPEL

DAVID THE VICTORIOUS

KEY PASSAGE: 1 Samuel 30: 1 - 31

KEY EVENTS: Ziklag is raided by Amalekites. David inquires of the LORD and defeats the raiders.

CODE-NAME: MASHIYACH.

FRIDAY EVENING CHAPEL

SAUL THE DEFEATED.

KEY PASSAGES: 1 Samuel 31: 1 – 13

KEY EVENTS: Saul and Jonathon are killed, David mourns the fallen King and his best friend, and the Philistines rout Israel.

FRIDAY NIGHT PLATOON DEBRIEF

READ PSALM 18 TOGETHER & SHARE IDEAS AS A GROUP.

Yes, we know you've been working on memorizing this psalm all week. But reading it all the way through in context is just straight-up awesome!

God says He is faithful to those who are faithful, blameless to blameless and pure to pure, so how can we measure up? He says He will save the humble, yet are we willing to lead with humility?

David said God shows unfailing love to His anointed, to David and his descendants (all of us who truly love Jesus) forever... do we live like Jesus and love others like he did?

Things don't always work out the way we hoped, like the Ziklag attack and when David's best friend Jonathan died. Will we choose to trust God with everything, no matter the outcomes in this life?

How can we all pray for our cabin-mates tonight?

ALONE TIME WITH MY HOLY COMMANDER...

My favorite part of today was _____.

God, what was your favorite?

This was a lie or un-true opinion I had about myself that You cleared up today:

_____.

You chose David to do good work for you, God...

might be something I think you are preparing me for.

You anointed and filled David with your Spirit, God... Please fill me tonight like You filled him.

SATURDAY AM CABIN DEVOTIONS

DAVID THE MOURNER

KEY PASSAGE: Read 2 Samuel 1: 1 - 27

KEY EVENTS: David executes the Amalekite messenger who admitted to killing Saul. David laments both Saul and Jonathan.

Was it fair to execute the guy who put King Saul out of his misery?
Should we defend those the Lord loves no matter what?

David celebrated the love and admiration of both King Saul and Jonathan, as if nothing was ever wrong between them... do we forget the bad and mourn the loss of loved ones like David did?

Does God promise to forget our sins in Christ, for those who love Him, and celebrate us with Him forever? Yes!!! How can that Truth encourage me in my life?



SATURDAY AM CHAPEL

**DAVID THE MELECH AND
THE MASHIYACH**

KEY PASSAGE: 2 Samuel 2: 1 - 11

KEY EVENTS: God leads David to Hebron. David is anointed king over Judah. Abner sets-up Ish-bosheth as king of all Israel.

Brother fought against brother over the power of the King... do we sometimes struggle over who's in charge?

1 SAMUEL 2: 8-9

For Extra encouragement in life and points this week:

8 HE LIFTS THE POOR FROM THE DUST AND THE NEEDY FROM THE GARBAGE DUMP.

HE SETS THEM AMONG PRINCES, PLACING THEM IN SEATS OF HONOR. FOR ALL THE EARTH IS THE LORD'S, AND HE HAS SET THE WORLD IN ORDER.

9 "HE WILL PROTECT HIS FAITHFUL ONES, BUT THE WICKED WILL DISAPPEAR IN DARKNESS...

NO ONE WILL SUCCEED BY STRENGTH ALONE."

DAVID WAS CHOSEN BY GOD to rule, but many died defending and disagreeing over it. We can fight and argue over so many things that don't matter. In the days and weeks to come, consider what we learned about God's great love and plans to use David for great, eternal purposes! And even now, today, how much He loves me and how **GOD PLANS TO USE ME, TOO, WHENEVER I AM WILLING...**

GOD, I WANT TO NEVER FORGET what you taught me this week; I learned _____

**MAY OUR LORD JESUS
CHRIST,
THE ONLY ONE IN WHOM
WE TRUST FOR LIFE
EVERLASTING, RICHLY
BLESS AND KEEP YOU IN
THIS LIFE AND THE NEXT,
FOR HIS GOOD PURPOSES,
HIS GLORY AND YOUR
SWEET PEACE AND JOY
NOW AND ALWAYS!**

