

BUILDING A HEALTHY SUPPORT SYSTEM PART 2

Sunday, April 19th 2020

FOUNDATION SCRIPTURES:

2 Samuel 13:21-27

- Absalom thought that David was a horrible parent due to his lack of responsibility towards serving justice for the attack upon his sister Tamar.
- Do you know what is happening in your household as a parent?
 - Understand that parenting does not stop. It is a continuous role.
 - Absalom was an adult who had his own household. Yet, endless strife remained in King David's household with his adult children.

2 Samuel 13:30, 38

1. RECOGNIZE YOUR RELATIONSHIP ENVIRONMENT

SCRIPTURES: Proverbs 22:10, Proverbs 17:1, Proverbs 17:4

Key Points

- David did not understand the parenting cues surrounding Absalom's behavior.
- David has a troublesome childhood i.e. *1 Samuel 16, 1 Samuel 17*.
 - How did you grow up?
 - How did you relate to the people in your family and in your support system?
 - How did others relate to you in your everyday household?
- 2 Samuel 15:1-6

2. DISCERN THE COMMUNICATION

SCRIPTURES 2 Samuel 15:1-6

Key Points

- Use discernment

- Know who is talking to you and what they want from your life.
- Know how the relationship is going to move future forward.
- What is the communication about?
- Proverbs 29: 5

3.REVIEW YOUR INNER CIRCLE

SCRIPTURES 2 Samuel 15:12

Key Points

- Everyone needs a support system of people around them and support system may not include your family members.
- Look at who is around you. Who is socializing with whom? Where are they going and what are they doing?
- A crowd doesn't mean strength and majority does not rule in God's kingdom. With God, strength is not necessarily in numbers.

4. DO NOT FIGHT YOURSELF

Key points

- Choosing to not fight your family is a strategy to win.
- There are times when you must walk away to save yourself and reduce harm to others in the fight.
- Family fights pull more emotional and spiritual "strings" within us because it's a different type of fight. Family members are a part of your relational identity as much as you are a part of them. The same tactics you are using to fight and gain ground against them are the same tactics being thrown back at you. Fighting leaves both parties at ground zero with no gain.
- Proverbs 20:3

5. SELECT THE RIGHT PEOPLE TO SUPPORT YOU.

- You may not have the choice to select your family members, but you can choose people who can support you.
- In a time of social distancing, it may be helpful to practice “relational distancing” in the midst of a family fight.

SEVEN TYPES OF PEOPLE TO BUILD

YOUR SUPPORT TEAM:



The Counselor: A counselor is someone who gives you the wisdom and counsel of God.

- 2 Samuel 15:12- Ahithophel was David’s counselor who betrayed him and left him to support his rebellious son Absalom.
- Proverbs 11:14



The Customer: A customer is someone who usually has a specified trait that supports you in the exchange of something.

- 2 Samuel 15:19- Ittai was the leader from the men of Gath who followed David when he left. Ittai was a foreigner who supported David and was a guest in the king’s land as an immigrant.



The Priests: They are pastors in your life who are present to seek the will of God for you.

- 2 Samuel 15:24 Zadok and Abiathar bore the Covenant of the Ark and sought the Lord for David about his situation.



The Confidant: a confidant is a friend who holds your inner secrets and thoughts.

- 2 Samuel 15:33, 37 Hushai was David's confidant. His friend mirrored the emotional and physical pain he was experiencing in his life.



The Servant: Servants are people who can assist you and be of use.

- 2 Samuel 16:5-8 Ziba arrived to serve David with food and drink in the desert.



The Critic: a critic is someone who expresses their opinion or judgment involving a fact about your life.

- 2 Samuel 15:5-14- Shimei was a man from a different city that lived under the former regime of Saul's kingdom. Saul was the former king before David and he hated David's success. Shimei cursed, challenged and kicked dirt towards David as a result of David's turmoil with his son Absalom.

- Learn to refresh yourself beyond your critics.

- Do not criticize yourself!



The Commander: A person in your life who is close enough to you in your personal circle and they have fought battles *for* you. Commanders do not always fight *with* you. They are strong enough to take the hits for your life and see what you do not see and stand up for your overall wellbeing. Commanders are present to pull you out of danger that you cannot bear by yourself.

- 2 Samuel 19:5-14 Joab was David's army commander who helped save David out of numerous troubles. Joab was not morally correct and was very manipulative, but nevertheless he saved the king.
- Joab said "“You love those who hate you and hate those who love you. You have made it clear today that the commanders and their men mean nothing to you”".

- Proverbs 24:16 "He won over the hearts of the men of Judah so that they were all of one mind"