

# Women's Bible Study

## ***What's in the Heart***

*A Heart of Sorrow and Regret – 2 Samuel 1*  
*Gretchen Steer – October 21, 2009*

### Intensive Study Questions

**Key verse:** "Your glory, O Israel, lies slain on your heights. How the mighty have fallen!"  
(2 Samuel 1:19)

Remember to provide biblical references with your answers, especially when you are drawing a principle from scripture.

1. In 2 Samuel chapter 1, how do you see David demonstrating a heart of friendship? A heart of honor? A teachable heart?
2. In this chapter David orders the death of the messenger who brings him news of Saul's and Jonathan's death. Is that a justified killing? Why or why not? Why might David think that such an action would bring glory to God? Would such an action bring glory to God today?
3. How would you define the difference between godly, or productive, sorrow and worldly sorrow? [hint: see 2 Cor. 7:10] Which was David experiencing? Compare his sorrow in 2 Samuel 1:17-27, and his sorrow in Psalm 51. How are these two types of sorrow different?
4. In 2 Samuel 1:25-26 David laments the death of his friend Jonathan. What attitudes or characteristics do you see in their friendship? [hint: look back at 1 Samuel 18-20] Why would Jonathan's love be 'more wonderful than that of women'? [hint: think about David's experience of people to this point in his life]. What does Jesus have to say about standards of friendship? [see John 15:12-14] What does the apostle John have to say about friendship? [see 1 John 3:16-20]. In what ways did Jonathan and David's friendship keep those New Testament standards?
5. How would you define "regret"? Is regret something we can recover from? Does David show regret in this chapter? If so, for what? There is a relationship between regret and a bad conscience. What advice does the New Testament give us about a bad conscience? (See 1 John 1:9 and James 4:10)
6. Did Jesus show sorrow? What did Jesus' sorrow over Lazarus' death, for example, cause him to do (see John 11). What sort of sorrow did he feel in the Garden of Gethsemane? (Matthew 26:36-41) What can we learn from Jesus about how to handle the legitimate sorrow of loss and grief?

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### Discussion Questions

1. Have you ever experienced regret over something you did to another person? How did you handle that experience? Did you do something to try to make the situation right or did you just let it lie?
2. David experiences deep sorrow over the loss of Jonathan and Saul. At that point in his life one might describe Saul as an enemy of David. Why does David grieve so much for Saul as well as Jonathan? Would you grieve if you knew that someone who wished you harm had suddenly died?
3. Look at 2 Cor. 7:10. How would you define worldly sorrow? Sometimes when another person dies we are filled with regret about what we did or didn't do in that relationship. Did David have any reason to regret his treatment of Saul? Of Jonathan?