



How To Build On Momentum In Life
King David (Part 3) - Growth
Sunday Sermon, September 20, 2026

Today as we cover Phase-3 of David's life we focus on: **1 Samuel chapters 19-31**

Times of great adversity, but also a season of growth.

David's age was approximately 20-30.

In the message today we focus on the "Growth" aspect of David's life during this time. Next week we will draw insights from the "Adversity" aspect of this same season of his life.

We know David experienced a sudden surge to fame and visibility after he killed Goliath. King Saul turned against David, and this led to a season of great adversity for David for about 10 years. However, we also see David growing during this time.

How did David build on the initial momentum during these next 10 years? In what ways did David "grow", develop and experience character formation?

Let's consider the following:

A GOOD MENTOR HELPS BUILD ON MOMENTUM

1 Samuel 19:18

The first thing we observe David doing, when he had to leave and run for his life, was that he goes to Samuel. Samuel was the prophet in the land, and the one who as directed by God anointed David. David got to spend some time with Samuel, a short time, perhaps weeks, maximum a few months.

After 1 Samuel 19:18-24, Scripture records no further conversation between Samuel and David before Samuel dies. From David's encounter with Samuel in 1 Samuel 19:18 until Samuel's death in 1 Samuel 25:1, David probably had roughly a year or two - and possibly somewhat longer - before Samuel died. There is no indication of David meeting Samuel again. David had to journey into his calling on his own. Yet, the short brief time with Samuel, must have steadied him and strengthened him to make this journey.

Key learning:

To build on momentum - surround yourself with mentors and people who can speak into your life.



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We must learn to draw from good mentors or people who can speak into our lives. This is important for our growth and to help us journey into our calling.

KEEP GROWING EVEN IF YOU ARE JUST SURVIVING

The man who was destined for the throne was suddenly thrust into survival mode. He was running for his life - finding place to stay, food to eat, etc.

David had to ask for food from Ahimelech the priest for himself and the men with him, and ate the food from the Tabernacle (1 Samuel 21). Side Note: Jesus referenced this Matthew 12:1-5

To just stay alive, he had to feign insanity before Achish the king of Gath, a Philistine king (1 Samuel 21:12).

Later as he was hiding in the cave of Adullam, some men came and joined him. These were 400 men all discontented, distressed and in debt (1 Samuel 22:3). But these men became his army. This grew to 600 men (1 Samuel 23:13).

During this very difficult time David was just “surviving”, but he was growing. He had an army of men around him. We will see later that these 400 men eventually became mighty warriors in David’s army. One warrior now multiplied himself and raised up 400 and more mighty warriors from men who were in bad shape – discontented, distressed and in debt.

A key learning for us:

To build on momentum - even if you are just surviving, keep growing.

To build on momentum - build people around you. When they grow, you grow.

Here are important ways that David grew during this time. These are also ways we can grow to keep building on the momentum that have gained.

LEARN TO HEAR GOD

One of the key ways David grew during this time was to learn to listen to God.

We know there was the influence of prophet Samuel.

We later see Prophet Gad speaking into his life (1 Samuel 22:5).

David himself repeatedly inquired of God (1 Samuel 23:2-4,9; 30:1-6) using the ephod (the urrim and thumim) asking God for direction.



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This became an important part of David's life and later as king, he was learn to inquire of God for major decisions. God even guided him with the plans for the Temple which Solomon later built.

To build on momentum - learn to hear from God. Only God can take you from faith to faith, strength to strength and glory to glory.

LEARN TO HONOR PEOPLE

During this season of his life we notice that David honored people.

His first step was to care for his parents (1 Samuel 22:3).

He repeated honor the king. He refused to kill king Saul even when he had the opportunity to do so. He would not lift his hand against the Lord's anointed. He honored the leaders (Saul) appointed by God. He continued trusting in God's timing for his kingship. 1 Samuel 24:5-7; 1 Samuel 26:9-11. Overcome evil with good (Romans 12:19-21). Choose the development of character over opportunity. We do not take revenge. Our vindication comes from God.

He honored his own team of warriors, both those who went to war and those who stayed behind. 1 Samuel 30:24-25.

After his victory at Ziklag, David honored the elders of Judah by sending them the things he had gained from his victory. 1 Samuel 30:26

Upon receiving news of the death of king Saul and Jonathan, David honored them in his response. 2 Samuel 1

Key learning:

To build on momentum - learn to honor people. Treat people with respect and the honor they are due. When you sow honor, God will grace your life with honor from heaven.

LEARN TO STRENGTHEN YOURSELF IN GOD

1 Samuel 30:1-6

Towards the end of this season, David faced a tremendous challenge. While he was away, the Amalekites had invaded Ziklag and taken everything and everyone away. When David and his soldiers returned, they were devastated. His soldiers were even



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angry with David and thought of stoning him. At this crucial moment, David encouraged and strengthened himself in God – just by himself. And he heard from God, and led his men to eventually recover all they had lost.

To build on momentum – learn to strengthen yourself in God. Do this, even if you must do it alone, all by yourself.

PSALMS MOST LIKELY WRITTEN DURING THIS PHASE:

These Psalms reveal what was happening in David's heart during this season of his life. They corroborate much of what we have discussed.

Psalms 25: seeking God's guidance

Psalms 35: appeal against unjust opposition

Psalms 36: contrast between wickedness and God's mercy

Psalms 37: learning to wait on God rather than envy the wicked. Resonates with David's developing understanding of honoring people and not allowing the success of others - or injustice - to determine his response.

Psalms 40: testimony of God's faithfulness

Psalms 41: concern for the vulnerable

Psalms 62: God alone as refuge

Psalms 65: praise for God's provision

SUMMARY

- To build on momentum - surround yourself with mentors and people who can speak into your life.
- To build on momentum - even if you are just surviving, keep growing.
- To build on momentum - build people around you. When they grow, you grow.
- To build on momentum - learn to hear from God. Only God can take you from faith to faith, strength to strength and glory to glory.
- To build on momentum - learn to honor people. Treat people with respect and the honor they are due. When you sow honor, God will grace your life with honor from heaven.
- To build on momentum - learn to strengthen yourself in God. Do this, even if you must do it alone, all by yourself.

GOSPEL AND SALVATION CALL



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SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads

May the Lord release acceleration and momentum. May those who are stagnant receive a breakthrough into acceleration and momentum in their lives.

Isaiah 32:15 "Until the Spirit is poured upon us from on high, And the wilderness becomes a fruitful field, And the fruitful field is counted as a forest."



LIFE GROUP STUDY GUIDE

**How To Build On Momentum In Life
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Sunday Sermon, September 20, 2026**

This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 1.5 to 2 hours. Each Life Group would have up to 12-15 people.

Preparation

Life Group Leader: To prepare for the Life Group meeting, you can listen to the Sermon or review the Sunday Sermon notes. Please do not make your life group read through the complete sermon notes during the life group. All you need to do is have individuals read the Scriptures listed below and then open for a time of discussion, sharing and learning using the questions given below. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word

Read the following Scripture references: *1 Samuel 19, 24, 26, 30*

INVESTIGATE God's Word Together

Life Group is a discussion-based, participatory meeting with everyone given the opportunity to share their learning. Please discuss a few of these together, giving time



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for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

Q1, Reflect and discuss the several ways David grew during this difficult season of his life (1 Samuel 19-31) and kept building on the momentum that he had gained. Consider the observations we had made and how you can apply these into your own life:

- *To build on momentum - surround yourself with mentors and people who can speak into your life.*
- *To build on momentum - even if you are just surviving, keep growing.*
- *To build on momentum - build people around you. When they grow, you grow.*
- *To build on momentum - learn to hear from God. Only God can take you from faith to faith, strength to strength and glory to glory.*
- *To build on momentum - learn to honor people. Treat people with respect and the honor they are due. When you sow honor, God will grace your life with honor from heaven.*
- *To build on momentum - learn to strengthen yourself in God. Do this, even if you must do it alone, all by yourself.*

Each one can take a few (3 minutes max) to share one or two key insights and how they see themselves applying it to their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow, bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

- 1, families to be protected and strengthened*
- 2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*
- 3, for the BUILD TO IMPACT project - for all details to go well as we plan and build our Bible college and church facilities to serve the Lord and people.*



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Close by thanking God together.



USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>

BELIEVERS BIBLE COMMENTARY: <https://believersbiblecommentary.com>

SERMON OUTLINE

When God does amazing things in our lives, how do we sustain and build on the momentum we have experienced. How do we keep growing even in the middle of adversity? How do we keep growing and thriving, when we seem to be in a season of just surviving? We draw insights from David life given in 1 Samuel 19-31. This season of about 10 years was very difficult and yet David kept growing, building on the momentum he had experienced.

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To build on momentum - even if you are just surviving, keep growing.

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To build on momentum - learn to hear from God. Only God can take you from faith to faith, strength to strength and glory to glory.



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This sermon includes free audio (mp3) and video of this powerful, motivational, expository teaching, free printable PDF sermon outlines, sermon notes and small group study guide with discussion questions and presentation slides. All resources (sermon PDF, sermon MP3, sermon video, sermon presentation) are free for use in personal study, small groups, Bible study prayer groups, local churches, conferences, Bible colleges, etc.

KEYWORDS

How to build on momentum, thriving not surviving, growing in adversity, king david, biographical sketch, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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Thayer's Greek Definitions. Published in 1886, 1889; public domain.

Strong's Hebrew and Greek Dictionaries, Strong's Exhaustive Concordance by James Strong, S.T.D., LL.D. Published in 1890; public domain.

Vine's Complete Expository Dictionary of Old and New Testament Words, © 1984, 1996, Thomas Nelson, Inc., Nashville, TN

Mounce Concise Greek-English Dictionary. Edited by William D. Mounce with Rick D. Bennett, Jr. (1993)

Word Pictures in the New Testament. Archibald Thomas Robertson. Published in 1930-1933; public domain.

Word Studies in the New Testament. Marvin R. Vincent, D.D. (1886).

Free Bible software and AI tools are also used as Bible study aids, from time to time.