

# bouncing back

What to do when life throws you a curve ball

Part  
4

## David and Stumbling

This past weekend Pastor Ken finished his four-week series entitled, Bouncing Back. We looked at some Bible characters and how they bounced back from life's setbacks. Over these weeks, we hope that you got to journey with someone at work, your family, or a place to do it alone or with a friend. So remember when life throws you a curve ball, turn that setback into a comeback.

*Do not gloat over me, my enemies! For though I fall, I will rise again.  
Though I sit in darkness, the LORD will be my light. Micah 7:8 NLT*

1. Stumbling in your walk with God many times starts with boredom, like we see in the life of David (2 Samuel 11:2). We can bring our boredom to God and to ask Him for help; to give us the strength that we need to not stumble (read Nehemiah 8:10; John 15:11).
2. When tempted in times of boredom, we need to listen to the check in our spirit telling us to stop and with the help of God we can run from it (read 1 Corinthians 10:13-14).
3. Usually when we find ourselves in a situation where we have sinned, our first urge is to cover it up but the Bible says to confess our sin (1 John 1:9).
4. Always remember, just like David, you are never too low for the grace of God to reach you. All you have to do is cry out to God and He will hear you (read Psalm 51:1-2 and 10-12).
5. Is there anything in your life right now that you need to confess to God? Take a moment to allow everyone some time to cry out to Him and to let His grace help them to bounce back.

Close in prayer