



Bible Discovery

SAUL

How to Not Ruin Your Life

JUN-JUL 2026



Welcome to our Saul discovery notes...

Our Sunday morning preaching series looks at the life of Saul, Israel's first king, and asks a simple but uncomfortable question: how does someone who starts so well end up going so wrong?

Saul is chosen, anointed and given real responsibility, yet over time his life unravels. Not through one dramatic failure, but through a series of smaller, quieter shifts in the heart that go unchecked.

What makes Saul's story so relevant is how ordinary those shifts are. Insecurity that looks like humility. Pressure that leads to impatience. Obedience that becomes selective. Comparison that turns into jealousy. All standard stuff that we have all felt!

They don't feel extreme in the moment, but together they shape the direction of a life. This series is about learning to recognise those patterns early, before they take root.

In our bible discovery notes we will look at passages in the bible that unpack these key topics alongside a question, to understand what is going on underneath.

The aim is not to analyse Saul from a distance, but to let his story hold up a mirror. Where are the same instincts at work in us? Where are we justifying, avoiding, or quietly drifting?

The point of the series is not to leave us feeling condemned, but to make us more aware and more responsive to God. Saul's story is a warning, but it also shows us that the trajectory of a life is shaped in the small decisions long before the big outcomes. Paying attention to those moments is how we stay soft, stay aligned, and keep moving in the right direction.

Reading list:

Week 1: Insecurity. How does insecurity distort identity?
Psalm 139:14

Week 2: Pressure & Fear. What happens when fear of people leads decisions? Proverbs 29:25

Week 3: Control & Obedience. Why is partial obedience still resistance? 1 Samuel 15:22

Week 4: Comparison & Jealousy. How does comparison quietly poison people? Proverbs 14:30

Week 5: Anger & Bitterness. What grows when bitterness is left untreated? Ephesians 4:31

Week 6: Spiritual Drift. How do hearts slowly become hard? Hebrews 3:15

Week 7: Pride Before Collapse. What warning signs come before downfall? Proverbs 16:18

Week 8: Repentance & Hope. Why is a soft heart safer than a strong image? Psalm 51:10

Father God please fill us with the knowledge of your will with all wisdom and spiritual understanding. Holy Spirit give us the discernment we need as we walk in God's will and study His Word. In every moment of life help us live in a manner worthy of our Lord Jesus Christ.

Amen.

Reminder on how to approach Bible discovery:

- Before you meet:**
- Find the passage of scripture.
 - Copy it out.
 - Then pray, think and ask God what he is saying to you.
 - Then rewrite the passage in your own words.

Bible discovery study:

1. Pray for help.
2. One person reads the passage.
3. Then take it in turns to read out your own versions of the passage.
4. Then discuss.
5. For each person consider the application. Ask:
 - What grabbed your attention in the passage?
 - Was there anything you particularly liked in the passage?
 - Was there anything that bothered you in the passage?
 - What does this passage say about God?
 - What does this passage say about us?
 - If this is God speaking, what are you going to do about it?
 - Who can you share with this week what God is doing in your life?

