

PAY ATTENTION, LISTEN UP.

- You have participated in all your bad decisions.
- You were the genius behind your bad choices.

WHAT CAN WE DO TO BECOME OUR BEST FRIEND?

²⁴ Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. ²⁵ Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. ²⁶ But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. ²⁷ When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash.
Matthew 7:24 – 27

- A spiritual principle. Don't be your worst enemy, be your best friend!

DAVID & KING SAUL

1 Samuel 24:1 - 21

- David hesitated in killing King Saul.
- David felt some tension.
- David restrains his men from killing King Saul.
- David decides not to use Saul's bad behavior as an excuse for his bad behavior.
- That's the power of paying attention to the tension.