



The Notes

5 STONES

Part 3: “The Stone of Loneliness”

March 21, 2021

Pastor Chris Jung

“He picked up five smooth stones from a stream and put them into his shepherd’s bag. Then, armed only with his shepherd’s staff and sling, he started across the valley to fight the Philistine.

Goliath walked out toward David with his shield bearer ahead of him, sneering in contempt at this ruddy-faced boy. ‘Am I a dog,’ he roared at David, ‘that you come at me with a stick?’ And he cursed David by the names of his gods. ‘Come over here, and I’ll give your flesh to the birds and wild animals!’ Goliath yelled.

David replied to the Philistine, ‘You come to me with sword, spear, and javelin, but I come to you in the name of the LORD of Heaven’s Armies—the God of the armies of Israel, whom you have defied. Today the LORD will conquer you, and I will kill you and cut off your head. And then I will give the dead bodies of your men to the birds and wild animals, and the whole world will know that there is a God in Israel! And everyone assembled here will know that the LORD rescues his people, but not with

sword and spear. This is the LORD's battle, and he will give you to us!' As Goliath moved closer to attack, David quickly ran out to meet him. Reaching into his shepherd's bag and taking out a stone, he hurled it with his sling and hit the Philistine in the forehead. The stone sank in, and Goliath stumbled and fell face down on the ground. So David triumphed over the Philistine with only a sling and a stone, for he had no sword."

1 Samuel 17:40-50 (NLT)

**I CAN'T FACE A GIANT WITHOUT THE
STONE OF LONELINESS, BECAUSE
BEING ALONE...**

**1. ...ALLOWS ME TO LEARN THE VOICES
OF WHO I CAN TRUST AND WHO I CAN'T**

"The serpent was the craftiest of all the creatures the Lord God had made. So the serpent came to the woman. 'Really?' he asked. 'None of the fruit in the garden? God says you mustn't eat any of it?'...The woman was convinced... So she ate some of the fruit and gave some to her husband, and he ate it too... Then the Lord God asked the woman, 'How could you do such a thing?' 'The serpent tricked me,' she replied."

Genesis 3:1,6,13 (TLB)

“He was in the Temple, walking through the section known as Solomon’s Colonnade. The people surrounded him and asked, ‘How long are you going to keep us in suspense? If you are the Messiah, tell us plainly.’ Jesus replied, ‘I have already told you, and you don’t believe me. The proof is the work I do in my Father’s name. But you don’t believe me because you are not my sheep. My sheep listen to my voice; I know them, and they follow me.’”

John 10:23-27 (NLT)

2. ...FORCES ME TO ACKNOWLEDGE AND BATTLE MY WEAKNESSES

“Turn to me and have mercy on me, because I am lonely and hurting. My troubles have grown larger; free me from my problems. Look at my suffering and troubles, and take away all my sins. Look at how many enemies I have! See how much they hate me! Protect me and save me. I trust you, so do not let me be disgraced. My hope is in you, so may goodness and honesty guard me.”

Psalms 25:16-21 (NCV)

“At one time my heart was sad and my spirit was bitter. I didn’t have any sense. I didn’t know anything. I acted like a wild animal toward you. But I am always with you.

You hold me by my right hand. You give me wise advice to guide me. And when I die, you will take me away into the glory of heaven. I don't have anyone in heaven but you. I don't want anything on earth besides you. My body and my heart may grow weak. God, you give strength to my heart. You are everything I will ever need."

Psalm 73:21-26 (NIRV)

3. ...REQUIRES THAT I KNOW AND ENFORCE MY PRIORITIES

"Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed."

Luke 5:15-16 (NIV)

"Then, accompanied by the disciples, Jesus left the upstairs room and went as usual to the Mount of Olives. There he told them, "Pray that you will not give in to temptation.' He walked away, about a stone's throw, and knelt down and prayed, 'Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.' Then an angel from heaven appeared and strengthened him. He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood. At last he stood up again and returned to the disciples, only to find them asleep, exhausted from grief."

Luke 22:39-45 (NLT)

