



**CHURCH @ HOME SEPT 2017**  
**PURSUE, OVERTAKE AND RECOVER ALL (I):**  
**PUT ON THE EPHOD.**

**1 Sam 30:8** *“And David enquired at the LORD, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all.”*

**We must put on the ephod if we are to pursue, overtake and recover all. You cannot pursue, overtake and recover all by trying to figure out things in your mind.**

**A. THE EPHOD IS A PRIESTLY GARMENT THAT IS SYMBOLIC OF PUTTING ON THE MIND OF THE SPIRIT.  
(1<sup>st</sup> Sam 30:6 & 7)**

**READ: 1<sup>st</sup>. Sam 30:1-20**

**B. “FOUR KEYS TO PURSUING, OVERTAKING AND RECOVERING ALL: 1<sup>st</sup> Sam 30:1-8**

1. Moments of distress and seasons of regret. God wants to turn our moments of distress into seasons and moments of distinction. (1<sup>st</sup> Sam 30:6 & 7)
  - Repeated seasons and moments of distinction show up your glory but repeated seasons of regret sets us back.
  - We are not producing fruits because we are failing in our pursuits.
1. The futility of the mind versus the refreshing of the Holy Spirit. Eph 4:17
  - As believers, we desire to pursue the promises and the glory of the Lord but if we do not pursue in the right way, we fail in our endeavors.
  - Everything about our spiritual walk begins in our mind. The mind is the decision maker. Trying to figure out things in our minds rather than depending on the Holy Spirit to show us the mysteries of a situation and lead us will always cause us to come out short and empty.
  - David inquired of the Lord for direction when he found himself in a situation that could cost him his life and his family. He did not figure things out in his mind. (1<sup>st</sup> Sam 30: 6&7)
  - The only way we are guaranteed success is when we put on the ephod which is symbolic of the mind of the Spirit.
2. We need the Holy spirit take over to bring about restoration from our setbacks. Act 19:1-11
3. What does it mean to recover all?

### **C. What does “putting on the ephod” mean?**

The ephod is a garment you strap on your clothes and it represents putting on the mind of the Spirit. When you put on the ephod, you subject your mind under the mind of the Spirit, whereby you open up your spirit man to the Holy Spirit. He gives you inside information enabling you to see things from God’s perspective and to easily navigate your way around the puddles of life instead of trying to figure out things your way.

- We are not instructed to live a trial and error lifestyle. We must always engage the Holy Spirit in our everyday life.
- The ephod is our compass as we navigate through our life.
- When David depended on the ephod; the mind of the Spirit, David recovered all.

#### **Suggestions for Open Discussion:**

- 1. What is the ephod? What is the significance of the ephod in a believer’s life?***
- 2. What are seasons of distress and regret?***
- 3. What will be your first response in an unexpected challenging situation?***