



King David's *All-Day* Energy Guide



THE BIBLICAL DIABETES SOLUTION





Introduction

When one thinks of King David, most recall the diminutive shepherd boy who defeated Goliath, but this was a leader of great humility and renown. He was a very wise ruler who boasted many great accomplishments during his 40 year reign, but it was not always so. Let us delve into the life of King David and determine the factors that made him great, developed his character and understand how we can employ these strategies to enrich our own lives.

There are many ancient texts revolving around the life of King David, often from different perspectives. But what shines through in all occasions, is the fact that most describe David as a powerful warrior, an astute diplomat, a philosopher and a talented musician. Throughout his life, he recorded his deeds, thoughts and accolades for posterity's sake, and today we can turn to these texts and draw inspiration from the life and daily habits of King David.

The Life and Times of David

A direct descendant of Ruth the Moabite, the son of Jesse of the Judah tribe began his life as a shepherd in Bethlehem. The prophet Samuel anointed him secretly and David simply returned to tend his sheep not believing his worthiness. His first exposure to the current King Saul was his appointment as a musician and he was so talented, Saul permanently kept him in his court as a musician.

The most famous of all David's accomplishments was easily his surprising defeat of the Philistine giant, Goliath of Gath. The giant terrorized the people for 40 days and nights and slew many seasoned warriors before David came up against him armed only with a sling and a few stones, he demonstrated courage beyond

his years and slew the giant in God's name. Beyond all the odds, David slew the giant and this bequeathed him great fame and honor. This prompted King Saul to promote David to commander of his troops and thus in turn prompted the friendship with Saul's son, Jonathan.

David enjoyed many successes on the battlefield as a commander of the army, including the battle against the Philistines and this aroused the beast of jealousy within Saul who then tried to kill him with a spear. In spite of this David showed great loyalty and faith and remained in Saul's court. Saul offered him his daughter Merav to wed but later rescinded his promise only to offer his second daughter, Michal at a price of a 100 Philistine foreskins, which David achieved. This only served to incite further jealousy on the part of Saul and he then asked his son Jonathan to kill David. Jonathan revered his friendship with David and decided to hide him instead, going to his father and pleading with him not to kill David. Saul agreed not to kill David but later reneged on this promise too and tried to kill him a second time. This time Michal aided David's escape to the prophet Samuel in the nearby Ramah. He returned only to confirm that Saul still wanted to kill him and then sought refuge with the king of Moab. On his journey, the priest Ahimelech of nob gave David a weapon. In response to the Saul sent Doeg, the Edomite, to kill 85 of the city's priests.

During his flight David gained the support of 600 men who travelled with him. In Ein Gedi, he crept up on Saul whilst slumbering in a cave and instead of slaying him, cut a piece of his cloak and confronted him. Saul acknowledged that one day David would be king. He beseeched David's mercy and David promised not to kill Saul's descendants and end Saul's bloodline, which David agreed to. Even after this promise, Saul continued to pursue David. David and his men joined forces with Achish, the Philistine King of Gath who gave him reign over the city of Ziklag. During this time, he successfully raided the nomadic cities and offered the spoils to the leaders of Judah to incite support for him against the tyrant Saul.

During a battle of David with the Amalekite tribe, Saul and Jonathan were killed on Mount Gilboa during a fearsome fight with the Philistines. David showed great humility and mourned their deaths before taking his place as the King of Judah. He consequently returned to Hebron with his wives, Ahinoam of Jezreel and

Abigail of Carmel, along with his followers. The people of Judah openly supported David as he had risked his life to protect them from the raiders while he was in Ziklag.

Ish-Boshet, Saul's son was crowned King of the Israeli tribes by Abner, son of Ner. This led to war between the kingdoms of Judah and Israel until Abner defected from Ish-Boshet and treated with David to unite the kingdoms and rule over all of Israel as one. Joab, David's commander killed Abner as he was leaving without David knowing and soon Ish-Boshet was also killed leaving a 30 year old David to rule over Israel which he would do for another seven years. He took more wives and had many children and treated with surrounding kingdoms making pacts of peace. He built himself a palace in which later became known as the City of David in Jerusalem. The Philistines attacked Jerusalem in a bid to capture Bethlehem but David exhibited fighting prowess and three battles later, forced the Philistines out of Israel.

In this time of consequent peace, he arranged for the Holy Ark of the covenant, the wooden chest said to contain the original two tablets of Jewish Law, to be brought to Jerusalem in the bid to construct a holy temple of God. Natan the prophet denied him saying that because he had been a warrior and shed blood, he could not build a temple but it would be the legacy of his son to build the temple, even though God would always be with him.

David then embarked on a series of defensive wars which essentially resulted in the birth of the Davidic Empire as he defeated the Moabites, the Edomites, the Ammonites and the Arameans on the banks of the river Jordan extending as far as the Mediterranean Sea. He established civil and military administrations and divided the country into twelve districts with their own civil, military and religious institutions. He further established Jerusalem as the center of religion in the country and each district paid taxed to Jerusalem and people began making pilgrimages to Jerusalem during the holidays of Passover, Shavout and Sukkot.

His military and political reign was demonstrably successful but this was a success he did not enjoy on a personal level. He committed adultery with a married woman named Bathsheba resulting in a pregnancy. She was married to Uriah the

Hittite and he consequently recalled him from battle and tried to pass off the baby as his own. Uriah refused to go home and subsequently David sent him to the front lines of battle where he was ultimately killed. David then married Bathsheba. Nathan the prophet confronted David who then admitted his sin. In punishment, Bathsheba's child died and David was cursed with the prophecy of a rebellion of his own house. Bathsheba and David then conceived a second child Solomon.

David had considerable personal strife, including the incident where Amnon raped Tamar, his half-sister. Tamar's brother, Absalom proceeded to kill Amnon and flee. Absalom enjoyed popularity with the Israelites and 40 years after David's anointment as king, Absalom led a rebellion against his father and successfully taking over the kingdom of Hebron. David fled the city of Jerusalem in fear leaving 10 concubines to guard the palace, his friend Hushai the Archite and his priests to remain in the city. David gathered his troops and killed 20 000 of Absalom's Israelite soldiers and Absalom himself ensuring David returned to power. A second revolt occurred as Sheba the son of Bichri, with the help of Joab, launched a rebellion but this too was crushed by David and consequently killing Sheba.

David's age and years of battle took their toll and eventually he became too old to reign and his son Adonijah declared himself king, in spite of David promising Bathsheba that Solomon would be king. He sought Solomon's pardon and received it. David's lasting tribute to his son was the word of God and the request to repay in kind all those who have wronged or helped David. He then passed on and was buried in the City of David.

King David ruled the people of Israel for 40 years between 1010 and 970 BC and in that time accomplished many great things. The most celebrated of which is the unification of the people of Israel. Prior to King David's reign, the Israeli tribes enjoyed a transient coalition but during his sovereignty he unified the tribes under his leadership.

He was a poet and is believed to have written the Book of Psalms. His life's work was the preparation of the building of the Holy Temple and he did so by setting aside materials and giving the plan to Solomon. Within the Judaic tradition, it

is believed that there will be a second coming whereby the Messiah or the anointed one, will descend from David's bloodline, thus restore Israel.

The Habits that Contributed to David's Successes

While David was by no means a perfect human being, he achieved his greatness by the grace of God. Throughout his life, he did not forsake him and as is evident in his prayer journals, even in the darkest hours of his life, he opened up and communicated with God. He was a loyal and faithful person, as is demonstrated by his conduct with Saul. Although Saul continuously lied to him and tried to have him killed on numerous occasions, David showed humility and loyalty and did not kill him, even when the opportunity arose. Through his loneliness and struggle, especially in those dark years when he was on the run with his supporters, David learned to be fully dependent on God and this is what afforded him the successes and accomplishments he attained. His years alone with God developed him into the man he became, entrenched his philosophy and forged an ever enduring legacy. His trust in the Lord not only drove him toward his successes but allowed him to be at peace with himself. He offered himself up to the Lord on numerous occasions, and seeing God's faith in him, this gave him the trust he needed in himself that led him to his great accomplishments.

“When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. “Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD’ -- and you forgave the guilt of my sin. “Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him. *“You are my hiding place; you will protect me from trouble and surround me with songs of deliverance” (Psalm 32:3-7).*

This Psalm excerpt personifies King David. He acknowledges his faults and sins and expresses the turmoil in his life, yet maintains an innate moral compass. Most of us seek happiness based on material and exterior circumstances but David can teach us to plumb the deeper mines of life and seek the joy immersed within

the deepest fragments of our souls. David teaches us to strive for a place of deeper well-being where the conviction and confidence in God extends beyond our peripheral truths, reaching the grace, awe and wonder that God would have us achieve.

For David that meant experiencing trials and suffering and enduring inexplicable loss before reaching inner peace. The fundamental key is to know God and trust in his plan.

The habits that made David a strong man of God include:

- Prayer
- Study / Meditation on the Word of God
- Praise and Worship
- Seeking and submitting to the Will of God
- Fasting
- Awe and Wonder

Throughout his life, David was subjected to hard times and difficulties, and in these times of hardship he proceeded to act in certain ways. He did not abstain from responsibility but requested God to judge him and guide him in order to remain on the righteous path. This is a habit from which we can all learn. In doing so, David sought God's judgement and thus was able to declare his righteousness when challenged and persecuted.

He meditated and prayed constantly which brought him closer to God and enlightened him. His quiet conversations with God allowed him to put things in perspective and prioritize his life adequately. This is also a habit of successful people. In his communion with God, he was able to make effective decisions. We are only but human, and open to human error, but when we pray, we invoke his holy name to guide us toward the correct decisions. David did just that and in so doing, was capable of great achievements.

When Saul died, David fasted and cleansed his body. His grief was real and wounding and in order to overcome his grief, he offered up his body to the Lord

and purified it as best he could. By fasting, he rid his body of impurities and poisons affiliated with negative feelings and allowed his body to be renewed and transformed. This too is a habit that we can adopt to ensure a healthy and successful life. David treated his body as a temple, invoking rest and peace when necessary, and eating a clean diet of proteins, fruits and vegetables, whole grains and healthy fats. This will help you maintain the energy you need as these are the foods designed by God for your body.

It is said in Kings that David died because he became cold and nothing would help him warm up. In modern times, we can speculate that this was due to undiagnosed Diabetes. In his Psalms, David recorded suffering from many of the symptoms of the disease and many of the occasions corresponded with traumatic life events, which is typical of this type of disease as stress exacerbates symptoms and causes worsening of the disease. In David's time, the healers used a local plant named Sharp varthemia (*Chiliadenus iphionoides*), the properties of which are now being researched, but it would have helped with this symptoms. David survived until the age of 70 and in that era, this was a ripe old age. This is an example of God's providence, accompanying a clean diet and daily prayers.

King David was a talented musician and an avid writer. His Psalms are proof of the widespread astuteness of his philosophy and constant questioning of his actions, motives and consequences thereof. This behavior enabled him to accomplish great achievements on the battlefield and personally. Through God's favour and the continual affirmation of the Almighty, he achieved greatness.

He was a man of great humility and loyalty which we can only aspire to. In keeping with that tradition he taught his son Solomon to live a holy life, and he proceeded to be one of the great kings of biblical times. Not only did David show constant, unwavering faith in the Lord, but he inspired faith in his people. His followers believed in him and followed him and aspired to be like him. Today, we too can follow his example of faith, humility and loyalty to become the best versions of ourselves and attain the Lord's favor in all that we do.