

David served and showed great honour to King Saul, but Saul grew jealous of David's popularity, tried to kill him, and then had his soldiers pursue David in the wilderness for years. Yet when Saul was killed in battle, David wept and wrote a beautiful funeral song for Saul and his friend Jonathan that is recorded in 2 Samuel 1. David called this man who made his life miserable and caused him heartache "beloved and gracious". Can you imagine writing a song to honour your biggest enemy?

A key to David's success is that he didn't let the things that weren't fair: the betrayal, the hurts, the injustices, get inside. He forgave Saul and turned his situations over to God. It is not always easy to forgive, but it is more difficult to deal with the poison of unforgiveness. It is not easy to move forward after a disappointment, but it is more difficult to stay stuck in anger. Let go of the bitterness, the regret, the remorse. Forgive and release the person who hurt you. You cannot keep it bottled up inside and reach your full potential.

2 Samuel 1:23 "How beloved and gracious were Saul and Jonathan!"