

*“What doesn’t kill you will  
make you stronger...”*

What does this old cliché mean to you?  
Is this statement always true?

*Sometimes, the things that don’t  
“kill us” actually make us weaker,  
pessimistic and depressed.*

The big issues of this life can  
make you feel as though you have  
taken a **“PUNCH”!**

Can you relate to the man who has been knocked down? What's going through his mind as he lays against the ropes?



*Have you ever had a problem or circumstance in your life that was so difficult that it had you “against the ropes?”*

Sometimes in life, we encounter situations that are so tough that they have the potential to **KNOCK US OUT!**



The BIG issues of life that have the power to “knock us out” are those issues that shake our peace, weaken our faith and permanently steal our joy.

Have you ever endured a “punch” that was delivered with such force that you feel it was meant to knock you out?



Can you name some *devastating* life events or experiences that have the potential to permanently steal a person's joy?



*Some of the things that could  
Knock You Out!*

- Sexual molestation or rape
- Being abused as a child or adult
- Longstanding conflict with parents or children
- Death of a child
- Death of a spouse
- Death of a parent
- Divorce
- An attack by the Enemy
- Financial Ruin
- Betrayal by a loved one
- Being constantly mistreated
- Self-Esteem Issues
- A Big Mistake in Life
- A Tragic Event or Experience
- Incarceration
- A drug or alcohol addiction
- Anything that you just can't seem to get over
- Any negative feelings or thoughts that dominate your life



*In our bible lesson, we meet a woman named  
Tamar who has dealt with a blow so severe that it  
**Knocked Her Out!***



## Surviving the **“Knock Out Punch!”**

*Bouncing back from life’s biggest blows...*

We see many elements to Tamar's story. In reading about her pain you will see...

- The power of negative influences
- Scheming and plotting to do evil
- Betrayal
- Rape
- A devastating life event
- Revenge
- Reaping and Sowing
- A family in turmoil
- Holding on to pain
- Allowing pain to dominate one's life

2 Samuel 13: 1-4

At the beginning of the passage, we see King David's children in turmoil. David's son, *Amnon*, is lovesick over his own half-sister, *Tamar*, and he seems a little bit obsessed with her...

*Is this a bad sign?*

*Question for Thought: Love Really Isn't Supposed to Be **Crazy...is it?** Can you think of some situations you've witnessed or heard about where the love seemed "crazy" and there was an unfortunate outcome?*



**AMNON**

**TAMAR**

**ABSALOM**

- 2 Samuel 13: 5-19
  - Jonadab influences Amnon to do evil.
  - Can you think of any real-life situations in which there was a person like Jonadab “behind the scenes” of wrongdoing?
  - Beware of people who are a negative influence on you. They could lead you to do the wrong thing...
- Tamar is forced to have intercourse with her half-brother, Amnon.

*Describe Tamar's Pain...*



2 Samuel 13: 20-22  
Amnon versus Absalom





## 2 Samuel 13: 23-32

*How do you feel about Absalom avenging the rape of his sister, Tamar?*

*What lessons can we learn from both Amnon and Absalom?*

*Life Lesson: Two wrongs don't make a right...*



## 2 Samuel 13: 20

The Bible says that Tamar lived in Absalom's house a *desolate* woman. Tamar was isolated and depressed following her **KNOCK OUT PUNCH** and we never see scripture that tells us that she ever recovered from her devastating life event.

*What lessons can we learn from Tamar?*

*How are you handling the devastating events of your life?*

*How much grieving is **too much** grieving?*



*How do you think God felt about Tamar and the way she handled her big problem?  
What do you think He would have said to her?  
What would He say to us as we deal with devastating life events?*



**I Peter 5: 10**

*After you have suffered for a little while...  
**What are you supposed to do after you have suffered?***

*It is the Lord who will restore you  
and make you whole again...*

Our responsibility is to stay  
connected to Him.

*Getting knocked  
down doesn't define  
who you are...*



*It's your desire and ability to **get back up** that shows  
what you're really made of...*