## 1 Samuel 16-18 Saul has an "evil" spirit?

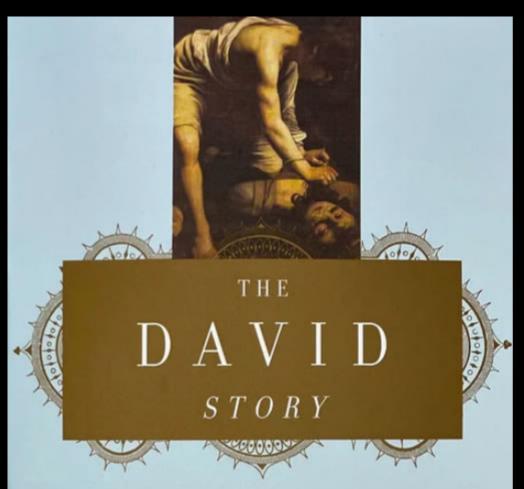
Now the Spirit of the Lord had departed from Saul, and an evil spirit from the Lord tormented him.

1 Samuel 16:14

Whenever the spirit from God came on Saul,
David would pick up his lyre and play.

Then relief would come to Saul; he would feel better, and the evil spirit would leave him.

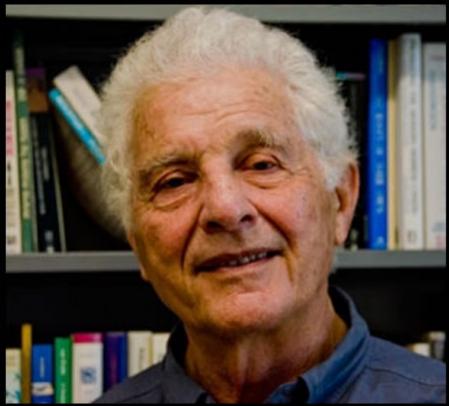
1 Samuel 16:23



A Translation with Commentary of 1 and 2 Samuel

## ROBERT ALTER

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Now the Spirit of the Lord had departed from Saul, and an evil spirit from the Lord tormented him.

a "harmful" spirit... others say, a "tormenting" spirit...

v15 "An evil spirit from God is tormenting you.

16 Let us find someone who can play soothing music for you. He will play when the evil spirit from God comes on you, and you will feel better."

v23 Whenever the spirit from God came on Saul, David would take up his lyre and play.

Then relief would come to Saul; he would feel better, and the evil spirit would leave him.

v14 Now [the breath] of the Lord had departed from Saul, and he would feel choked like he was being strangled.

v23 When the choked breathing would come from God on Saul, David would play music. And then Saul would breathe again [he would feel better], and the harmful breathing would leave him.

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Discouragement > Depression

Depression > Self-Pity
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Self-Pity > Hatred [Anger]

Jonathan became one in spirit with David, and he loved him as himself... Jonathan made a covenant with David... He took off his robe and gave it to David, along with his tunic, and even his sword, and his bow and his belt.

1 Samuel 18:1,3-4

The things you have heard me say in front of many witnesses,

you need to hand over those things to others,

who will turn around and teach others the same principles.

2 *Timothy* 2:2