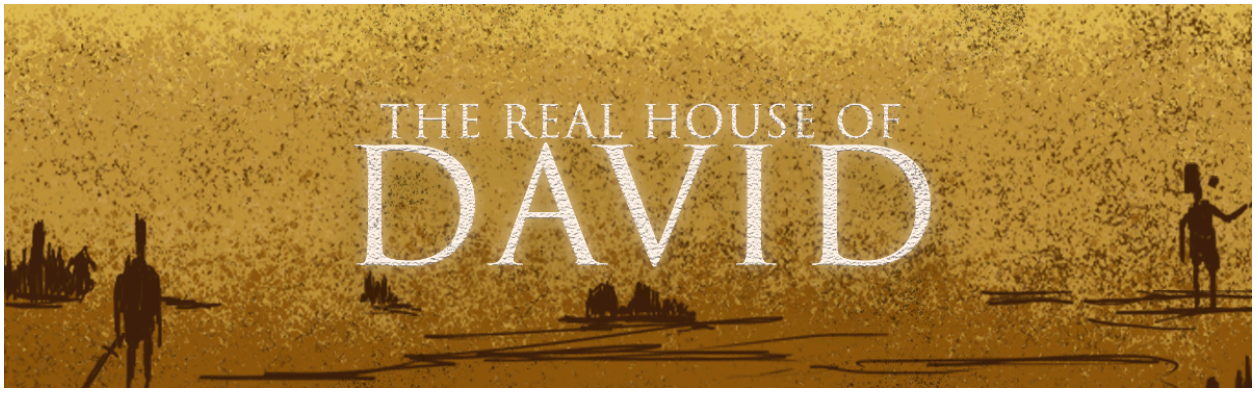


STRENGTHEN YOURSELF IN THE LORD

1 Samuel 30:1-25

- *"When David and his men saw the ruins and realized what had happened to their families, they wept until they could weep no more. . . . But David found strength in the LORD his God."* (1 Samuel 30:3-4, 6)
- **Problems are a part of life, even for those who love God.**
- Jesus - *"Here on earth you will have many trials and sorrows."* (John 16:33)
- **Problems can be a result of "problem people" in our lives (1 Samuel 30:1).**
- ***Why does the Lord allow His people to go through times of difficulty?***
- **The Lord allows us to go through difficulties in order to: 1) Discipline us (Hebrews 12:6), 2) Deepen our relationship with Him (2 Corinthians 1:8-9), and 3) Develop us.**
- *"We can rejoice when we run into problems and trials, for we know that they are good for us—they help us learn to endure. And endurance develops strength of character in us."* (Romans 5:3-4)
- ***How are we to respond to difficulties and despairing times in life?***

Keys To Overcoming Difficulties Include:

GRIEVING OUR <u>LOSSES</u>

- *"When David and his men saw the ruins and realized what had happened to their families, they wept until they could weep no more."* (1 Samuel 30:3-4)
- **People experience grief because of the death of loved ones, divorce, disagreements with others, loss of dreams, etc.**
- **The Stages of Grief include: 1) Shock and Denial, 2) Pain and Guilt, 3) Anger and Bargaining, 4) Depression, Reflection and Loneliness, 5) The Upward Turn, 6) Reconstruction and Working Through, and 7) Acceptance and Hope.**

- **We will all experience "losses" in our lives, so we need to learn how to work through the stages of grief with the help of the Lord and others.**
- *"God is our merciful Father and the source of all comfort. God comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us."* (2 Corinthians 1:3-4)
- ***What "losses" do I need to mourn and deal with, and what steps do I need to take to move towards healing in my life?***

Keys To Overcoming Difficulties Include:

<u>TURNING</u> TO THE LORD

- *"David was now in serious trouble because his men were very bitter about losing their wives and children and they began to talk of stoning him. But David found strength in the LORD his God."* (1 Samuel 30:6)
- **When we're dealing with overwhelming problems, we must pursue getting strength and help from the Lord.**
- **We receive "strength" from the Lord as we *Remember His Provision***
    - *"Praise the LORD, I tell myself, and never forget the good things He does for me."* (Psalm 103:2)
- **We receive "strength" from the Lord as we *Seek His Presence.***
    - *"In Your presence (O God)* is *fullness of joy; at Your right hand* are *pleasures forevermore."* (Psalm 16:11 NKJV)
    - **One of the ways we experience the Lord's presence is through praising Him.**
    - *"I will praise the LORD at all times. I will constantly speak His praises. I will boast only in the LORD; let all who are discouraged take heart."* (Psalm 34:1-2)
- **We receive "strength" from the Lord as we *Access His Peace.***
    - *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. If you do this, you will experience God's peace . . . His peace will guard your hearts and minds as you live in Christ Jesus."* (Philippians 4:6-7)
    - **God's peace helps us to see possibilities through our pain.**
- ***What steps do I need to take to "strengthen myself in the Lord"?***

Keys To Overcoming Difficulties Include:

RECEIVING <u>DIRECTION</u> FROM THE LORD

- *"Then he said to Abiathar the priest, 'Bring me the ephod!' So Abiathar brought it. Then David asked the LORD, 'Should I chase them? Will I catch them?' And the*

LORD told him, 'Yes, go after them. You will surely recover everything that was taken from you!'" (1 Samuel 30:7-8)

- **The Lord communicates His will to us in our day through: 1) His Word (Psalm 119:104-105), 2) His Spirit (Acts 13:2), 3) Mature Christians (Proverbs 15:22), 4) Circumstances (Revelation 3:7), 5) Dreams & Visions (Joel 2:28), and through Angels (Matthew 1:18-23).**
- Jesus - *"My sheep hear My voice and they follow Me."* (John 10:27)
- **To know the Lord's will we need to pray and "listen."**
- Eli to Samuel – *"Go and lie down, and if He calls you, say, 'Speak, LORD, for your servant is listening.'"* (1 Samuel 3:9)
- ***What kind of direction do I need to receive from the Lord at this time?***

Keys To Overcoming Difficulties Include:

BELIEVING GOD'S <u>PROMISES</u>

- *"The LORD told him, 'Yes, go after them. You will surely recover everything that was taken from you!'"* (1 Samuel 30:8)
- **There are over 7400+ promises for Believers in the Bible.**
- *"The LORD always keeps His promises".* (Psalm 145:13)
- **Overcoming our problems requires acting on God's promises, which requires FAITH in our lives.**
- *"Commit everything you do to the LORD. Trust Him, and He will help you."* (Psalm 37:5)

Keys To Overcoming Difficulties Include:

DEMONSTRATING <u>KINDNESS</u> TO OTHERS

- *"Some of David's troops found an Egyptian man in a field...They gave him some bread to eat and some water to drink...He hadn't had anything to eat or drink for three days and nights. It wasn't long before his strength returned. 'To whom do you belong, and where do you come from?' David asked him. 'I am an Egyptian — the slave of an Amalekite,' he replied...The Egyptian led them to the Amalekite encampment."* (1 Samuel 30:11-16)
- **When we "show" kindness and generosity to others, we will receive help from the Lord and from others.**
- *"You will always reap what you sow!"* (Galatians 6:7)
- **When we do what is best for others, God will do what is best for us.**

- *"David and his men rushed in among them...None of the Amalekites escaped except four hundred young men who fled on camels. David got back everything the Amalekites had taken."* (1 Samuel 30:17-18)

- **God can bring good and victory out of every grief and tragedy (Romans 8:28)**
- ***What do I need to do to respond to the difficulties or despair I'm experiencing?***
- *"Whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything."* (James 1:2-4)