

Strengthening Yourself in the Lord Your God!

Read the Following Passage and Let's Talk about it!

1 Samuel 30:1 Then it happened when David and his men came to Ziklag on the third day, that the Amalekites had made a raid on the Negev and on Ziklag, and had overthrown Ziklag and burned it with fire; 2 and they took captive the women and all who were in it, both small and great, without killing anyone, and carried them off and went their way. 3 And when David and his men came to the city, behold, it was burned with fire, and their wives and their sons and their daughters had been taken captive. 4 Then David and the people who were with him lifted their voices and wept until there was no strength in them to weep. 5 Now David's two wives had been taken captive, Ahinoam the Jezreelitess and Abigail the widow of Nabal the Carmelite.

Now I know that this is a long shot, of something like this ever happening to you and your family, but there are circumstances that you face that could be as stressful as the one David found himself in.

1. In stressful times like this, how do you respond?
2. In times that something happens that you do not like (flat tire, loss keys, reconciling the bank account, bad report about your children) how do you respond? Do you pitch a fit, rant and rave, blame someone for the problem, cuss, walk about in an outburst or two?

Notice how David responds in the following verse of scripture:

1 Samuel 30:6 Moreover David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and his daughters. But David strengthened himself in the LORD his God. 7 Moreover David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and his daughters. But David strengthened himself in the LORD his God. 7 Then David said to Abiathar the priest, the son of Ahimelech, "Please bring me the ephod." So Abiathar brought the ephod to David. 8 And David inquired of the LORD, saying, "Shall I pursue this band? Shall I overtake them?" And He said to him, "Pursue, for you shall surely overtake them, and you shall surely rescue all."

1. Why Was David distressed?
2. What did David do?
3. How do you think He strengthened himself in the Lord?
4. How do you strengthen yourself in the Lord?

Let me give you a few things you can do next time you face a struggle and need to strengthen yourself in the Lord.

1. Hope in the LORD!

Job 13:15 "Though He slay me, I will hope in Him. Nevertheless I will argue my ways before Him.

- What is Christian Hope?
- What are some of the things Believers hope for?

2. Call Upon the Lord!

Psalms 18:6 In my distress I called upon the LORD, and cried to my God for help; He heard my voice out of His temple, and my cry for help before Him came into His ears.

3. Do Not Fear! Be Confident!

Psalm 27:1 The LORD is my light and my salvation; whom shall I fear? The LORD is the defense of my life; whom shall I dread? 2 When evildoers came upon me to devour my flesh, My adversaries and my enemies, they stumbled and fell. 3 Though a host encamp against me, My heart will not fear; though war arise against me, in {spite of} this I shall be confident.

4. Trust in Him At All Times! Pour Out Your Heart Before Him!

Psalm 62:8 Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us. Selah.

5. Trust in the Faithfulness of His Character!

Isaiah 25:4 For Thou hast been a defense for the helpless, a defense for the needy in his distress, a refuge from the storm, a shade from the heat; for the breath of the ruthless is like a {rain} storm {against} a wall.

- What is God's Character?
- What is He described as in this passage?
- What is the one thing described that you can relate to the most? Why?

Anyone in the group have a need to strengthen themselves in the Lord? What is the struggle? Would you spend time praying for one another's struggle?