

GOD'S GIFT OF STRENGTH!  
ENCOURAGING YOURSELF IN THE LORD!

1 Samuel 30:1-20

INTRODUCTION: David was in real trouble. The army of Israel was searching for him, and the bitter old King Saul wanted him dead. Those who were on David's side were being killed, and those who were betraying David were being rewarded. However, David had one very important friend that helped him greatly: 1 Samuel 23:14-18. It is wonderful to have a Jonathan in our lives to help us find strength in our Lord. But how can we learn to strengthen ourselves in the Lord when there is no Jonathan with us?

I. STRENGTHENING YOURSELF IN THE LORD!

David's troubles as we move from 1 Samuel 23 to 1 Samuel 30 have grown even worse. 1 Samuel 30:1-6: "But David found strength in the Lord his God." When we don't have a Jonathan to strengthen our hand in God we must learn the art of strengthening ourselves in the Lord. This is a vital discipline for spiritual victory for all of God's children.

II. TALKING TO THE LORD!

Psalm 62:1-8: Who would you say is your best friend? Would anyone dare say God is your best friend? When you fall into trouble who is it you run to first to share your pain? Do you understand that your God's ears are always open? Jeremiah 33:1-3.

III. LISTENING TO THE LORD!

We as Christians must learn how to listen to the Lord and to trust what He tells us. Many are by nature worriers. We must learn to close the door to worry and open our Bibles and ask God to give us His guidance needed to meet our crises. 1 Peter 5:7; Philippians 4:6-7; Isaiah 7:4; Acts 19:36; Isaiah 40:31; Matthew 8:26.

IV. BELIEVE WHAT THE LORD IS TELLING YOU AND TALK TO YOURSELF!

King David learned what we all must learn. He learned how to talk to himself: Psalm 42:5. Most of the unhappiness in our lives is because we listen to ourselves instead of talking to ourselves. We must learn to take our thoughts captive to the Lord. Most of the struggles revolve around wanting something we don't have or having something we don't want. Our deepest longings and our greatest challenges are deeply rooted in trying to see the hand of God in these two facts of life. 2 Corinthians 10:3-5. There is a huge difference in listening to yourself and talking to yourself. We must learn to take ourselves in hand, we have to address ourselves and yes, to preach the Word of God to ourselves. Philippians 4:8. Yes, even the songs that go into our heart make a difference in our lives. Have you learned how to strengthen yourself in the Lord when there is no Jonathan to help you? Romans 15:13. We need to talk to God; listen to God; Believe what God tells us and preach that to ourselves.