



# HOW TO **ENCOURAGE YOURSELF**

1 SAMUEL 30:1-6

GABRIEL RUHL | WEDNESDAY EVENING | OCTOBER 11, 2017

*“And it came to pass, when David and his men were come to Ziklag on the third day, that the Amalekites had invaded the south, and Ziklag, and smitten Ziklag, and burned it with fire; 2 And had taken the women captives, that were therein: they slew not any, either great or small, but carried them away, and went on their way. 3 So David and his men came to the city, and, behold, it was burned with fire; and their wives, and their sons, and their daughters, were taken captives. 4 Then David and the people that were with him lifted up their voice and wept, until they had no more power to weep. 5 And David’s two wives were taken captives, Ahinoam the Jezreelitess, and Abigail the wife of Nabal the Carmelite. 6 And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God.” (1 Samuel 30:1–6)*

## INTRODUCTION

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### 1. The \_\_\_\_\_ for **Discouragement** (vv. 1–6a)

#### A. The \_\_\_\_\_ (vv. 1–3, 5)

*“And David and his men went up, and invaded the Geshurites, and the Gezrites, and the Amalekites: for those nations were of old the inhabitants of the land, as thou goest to Shur, even unto the land of Egypt.” (1 Samuel 27:8)*

*“Therefore it shall be, when the Lord thy God hath given thee rest from all thine enemies round about, in the land which the Lord thy God giveth thee for an inheritance to possess it, that thou shalt blot out the remembrance of Amalek from under heaven; thou shalt not forget it.” (Deuteronomy 25:19)*

**B. The \_\_\_\_\_**

*“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” (John 16:33)*

*“Casting all your care upon him; for he careth for you.” (1 Peter 5:7)*

**C. The \_\_\_\_\_**

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**2. The \_\_\_\_\_ of David** (vv. 6b-8)

**Quote:** “What life does to us depends on what life finds in us.”

*“God is our refuge and strength, a very present help in trouble.”  
(Psalm 46:1)*

*“O taste and see that the Lord is good: blessed is the man that trusteth in him.” (Psalm 34:8)*

**A. The \_\_\_\_\_** (v. 7)

*“And when Saul enquired of the Lord, the Lord answered him not, neither by dreams, nor by Urim, nor by prophets.”  
(1 Samuel 28:6)*

*“Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them.” (Hebrews 7:25)*

*“Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you.” (Hebrews 13:17)*

**B. The \_\_\_\_\_ (v. 8)**

*“The steps of a good man are ordered by the Lord: and he delighteth in his way.” (Psalm 37:23)*

*“Order my steps in thy word: and let not any iniquity have dominion over me.” (Psalm 119:133)*

*“Shew me thy ways, O Lord; teach me thy paths. 5 Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.” (Psalm 25:4-5)*

*“Trust in the Lord with all thine heart; and lean not unto thine own understanding. 6 In all thy ways acknowledge him, and he shall direct thy paths.” (Proverbs 3:5-6)*

*“Go to now, ye that say, To day or to morrow we will go into such a city, and continue there a year, and buy and sell, and get gain: 14 Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away. 15 For that ye ought to say, If the Lord will, we shall live, and do this, or that. But now ye rejoice in your boastings: all such rejoicing is evil.” (James 4:13-16)*

**C. The \_\_\_\_\_ (v. 8)**

*“Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.” (Deuteronomy 31:6)*

*“But my God shall supply all your need according to his riches in glory by Christ Jesus.” (Philippians 4:19)*

*“For with God nothing shall be impossible.” (Luke 1:37)*

**Quote:** “A crisis does not make a man, it reveals what the man is made of!”

### 3. The \_\_\_\_\_ of Devotion (vv. 9-17)

#### A. The \_\_\_\_\_ (vv. 9-10)

*“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” (Isaiah 40:31)*

*“I can do all things through Christ which strengtheneth me.”  
(Philippians 4:13)*

#### B. The \_\_\_\_\_ (vv. 11-15)

*“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” (Isaiah 40:31)*

*“I can do all things through Christ which strengtheneth me.”  
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#### C. The \_\_\_\_\_ (vv. 16-17)

*“If ye love me, keep my commandments.” (John 14:15)*

*“Commit thy way unto the Lord; trust also in him; and he shall bring it to pass.” (Psalm 37:5)*

### CONCLUSION

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