



1 Samuel 30:1-6 (KJV)



¹And 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;



2And 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.



4Then 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.



6And 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.

*“Encourage Yourself
in the LORD.”*

1 Sam. 30:1-6



Point #1:

You can make it through your painful seasons
when you remember how God has brought you
through your previous struggles



Point #2:

You may have lost quite a bit, but you have not
lost everything



Point #3:

No matter what's going on in your life,
encourage yourself in the Lord



Philippians 4:13

I can do all things through Christ which strengtheneth me



Isaiah 41:10

Fear thou not; for I am with thee: be not
dismayed; for I am thy God: I will strengthen
thee; yea, I will help thee; yea, I will uphold
thee with the right hand of my righteousness



Ephesians 6:10

Finally, my brethren, be strong in the Lord, and
in the power of his might

Psalm 27:1-4

The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?

2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.

3 Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

4 One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to enquire in his temple

Psalm 24:7-10

7 Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in.

8 Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.

9 Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in.

10 Who is this King of glory? The Lord of hosts, he is the King of glory