

David Encouraged Himself in the Lord His God  
(1 Samuel 30:1-6)

Introduction:

1. We learn from vs.1-5 that David and his men faced a difficult situation.
2. According to vs.6a, "*David was greatly distressed.*"
3. To make matters worse, the people talked about stoning David.
4. David responded in vs.6b by "encouraging himself in the Lord his God."
5. In our lesson we are pointing out some ways in which we can be encouraged in the Lord our God during times of difficulty.

Discussion:

- I. LET US EXAMINE ELIJAH (1 Kings 19:1-18)
  - A. According to vs.3-4, Elijah isolated himself by withdrawing from everyone.
    1. This prevented him from being lifted up by someone else.
    2. To be encouraged in the Lord our God, let us follow the instructions given in Hebrews 10:24-25; 3:13.
  - B. Elijah's thinking became irrational.
    1. He did not think his life was worth living, and he thought he was the only faithful prophet left.
    2. To be encouraged in the Lord our God, we must think rationally.
      - a. Our thinking will affect us (Proverbs 23:7).
      - b. Let us think on the right things (Philippians 4:8).
  - C. From the information revealed to us,:
    1. Did Elijah pray?
      - a. He certainly believed in prayer (James 5:17-18), but we do not read about him praying while he was discouraged.
      - b. To be encouraged in the Lord, let us apply 1 Peter 5:6-7.
    2. Did Elijah count his blessings and thank God for them?
      - a. God had blessed Elijah abundantly.
      - b. To be encouraged in the Lord, let us apply 1 Thessalonians 5:18.
    3. Did Elijah reflect upon God's power? (Psalm 124:1-5, 8)
    4. Did Elijah meditate upon God's Word? (Psalm 119:18, 97).
  - D. Thankfully, Elijah listened to God, he overcame his discouragement, he accomplished the things God gave him to do, and he was taken up into heaven by a whirlwind.
  - E. A good warning for us is given in 1 Corinthians 10:12.
- II. LET US EXAMINE DAVID
  - A. David wrote many powerful and uplifting statements (Psalm 21:1; 23:1).
  - B. He also expressed his discouragement (Psalm 22:1-2).
  - C. To encourage himself in the Lord he reflected upon God's blessings in the past (Psalm 22:3-5, 9-11).
- III. LET US EXAMINE JOHN THE BAPTIST
  - A. Jesus gave a high endorsement of John (Matthew 11:11).
  - B. It seems that John became discouraged in prison (Matthew 11:2-3).
  - C. Jesus revealed the cure for John's discouragement in Matthew 11:4-6.
  - D. To be encouraged in the Lord our God, let us study and reflect upon the Lord's great works (John 20:30-31).

Conclusion:

1. No one is immune to discouragement.
2. During times of difficulty, let us remember these principles we have learned from 3 of God's greatest servants: Elijah, David, and John.