

"DAVID STRENGTHENED HIMSELF IN THE LORD HIS GOD" (1 Samuel 30:6)

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**"DAVID STRENGTHENED HIMSELF
IN THE LORD HIS GOD" (1 Samuel 30:6)**

INTRODUCTION

- **1. When problems come it is easy to get stressed out, panic, and try to do things ourselves in our own power. What's the first thing you do in time of trouble?**
 - a. Everybody has problems from time to time, but not everyone tries to solve their problems in the same way**
 - b. What IS the best way to solve our problems?**

**"DAVID STRENGTHENED HIMSELF
IN THE LORD HIS GOD" (1 Samuel 30:6)**

- **2. One person in the Bible who had more than his share of trouble was King David...**
 - a. For example:**
 - 1) He was pursued by King Saul**
 - 2) He barely escaped several assassination attempts**
 - 3) He had to spend much time hiding in the wilderness**
 - 4) His entire family was kidnapped on one occasion**
 - 5) His friends turned against him and were ready to kill him**

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- 6) He suffered the shame of having committed adultery and murder**
- 7) His son Amnon raped his daughter Tamar**
- 8) His other son Absalom murdered Amnon**
- 9) Absalom led a revolt against his father**
- 10) Absalom himself was killed, much to David's grief**
- b. We can see that David was certainly a man with many problems!**

**"DAVID STRENGTHENED HIMSELF
IN THE LORD HIS GOD" (1 Samuel 30:6)**

- **3. Yet somehow, he survived them all and has come to be remembered as**
"a man after God's own heart."
- **How was he able to do this?**
- **We can find the answer as we consider what David did when faced with one of his most serious problems, as recorded in 1 Sam. 30: 1-6**

I. WHAT DAVID DID IN TIMES OF TROUBLE

A. THE CONTEXT OF 1 SAMUEL 30:1-6...

- **1. At this time, David was living in Ziklag**
 - a. He had fled from King Saul and was now aligned with the Philistines**
- **2. The Philistines were preparing to battle King Saul, and David and his men had gone to join with the Philistines**
- **3. But the Philistines did not fully trust David, so they sent him & his men back to Ziklag**

I. WHAT DAVID DID IN TIMES OF TROUBLE

B. READING 1 SAMUEL 30:1-6, WE FIND...

- **1. That the town of Ziklag had been attacked and burned by the Amalekites**

David and his men reached Ziklag on the third day. Now the Amalekites had raided the Negev and Ziklag. They had attacked Ziklag and burned it, (1 Sam.30:1)

I. WHAT DAVID DID IN TIMES OF TROUBLE

B. READING 1 SAMUEL 30:1-6, WE FIND...

- **2. The women and children had been kidnapped, including those of his family and had taken captive the women and all who were in it, both young and old. They killed none of them, but carried them off as they went on their way.**

I. WHAT DAVID DID IN TIMES OF TROUBLE
B. READING 1 SAMUEL 30:1-6, WE FIND...

When David and his men came to Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. So David and his men wept aloud until they had no strength left to weep. David's two wives had been captured— Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. (1 Sam.30:2-5)

I. WHAT DAVID DID IN TIMES OF TROUBLE

B. READING 1 SAMUEL 30:1-6, WE FIND...

- **3. Naturally David is distressed; but on top of this, the people are ready to kill him for not having been there when he was needed**

David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.

(1 Sam.30:6)

I. WHAT DAVID DID IN TIMES OF TROUBLE
C. NOTICE CAREFULLY IN VERSE SIX...

- **1. What does David do when he has lost his family, and his own life is threatened?**

"But David strengthened himself in the Lord his God." (1 Sam.1:6)

I. WHAT DAVID DID IN TIMES OF TROUBLE
C. NOTICE CAREFULLY IN VERSE SIX...

- **2. This is what David did first in times of trouble...**
 - a. He strengthened himself in the Lord his God!**
 - b. With the strength he received, he was then able to deal with whatever the problem was before him!**

II. HOW DAVID STRENGTHENED HIMSELF

A. DAVID OFTEN COMPOSED PSALMS...

- 1. While pursued by Saul, he wrote:

Deliver me from my enemies, O God;
protect me from those who rise up against me.

Deliver me from evildoers and save me from bloodthirsty men.

See how they lie in wait for me! Fierce men conspire against me for no offense or sin of mine, O LORD. I have done no wrong, yet they are ready to attack me. Arise to help me; look on my plight! (Ps 59:1-4)

II. HOW DAVID STRENGTHENED HIMSELF

A. DAVID OFTEN COMPOSED PSALMS...

- **2. Imprisoned in Gath, he wrote:**

Be merciful to me, O God, for men hotly pursue me; all day long they press their attack.

My slanderers pursue me all day long; many are attacking me in their pride. (Ps 56:1-2)

II. HOW DAVID STRENGTHENED HIMSELF

A. DAVID OFTEN COMPOSED PSALMS...

- **3. When fleeing from Absalom, he wrote:**

O LORD, how many are my foes!

How many rise up against me!

Many are saying of me, "God will not deliver him." (Ps 3:1-2)

II. HOW DAVID STRENGTHENED HIMSELF

A. DAVID OFTEN COMPOSED PSALMS...

- **4. While hiding in the wilderness of Judah, he wrote Psalm 63**

**O God, you are my God, earnestly I seek you;
my soul thirsts for you, my body longs for
you, in a dry and weary land where there
is no water. (Psalm 63:1)**

II. HOW DAVID STRENGTHENED HIMSELF

B. HERE WE CAN GLEAN HOW "DAVID STRENGTHENED HIMSELF IN THE LORD HIS GOD"...

- **1. From Psalm 56, we learn that David would place his trust in God to help him**

When I am afraid, I will trust in you.

**In God, whose word I praise, in God I trust;
I will not be afraid. What can mortal man
do to me? (Psa. 56:3-4)**

II. HOW DAVID STRENGTHENED HIMSELF

B. HERE WE CAN GLEAN HOW "DAVID STRENGTHENED HIMSELF IN THE LORD HIS GOD"...

Then my enemies will turn back when I call for help. By this I will know that God is for me. In God, whose word I praise, in the LORD, whose word I praise- in God I trust; I will not be afraid. What can man do to me? (Psalm 56: 9-11)

II. HOW DAVID STRENGTHENED HIMSELF

B. HERE WE CAN GLEAN HOW "DAVID STRENGTHENED HIMSELF IN THE LORD HIS GOD"...

- **2. From Psalm 59, we learn that David was determined to continue praising God for His help**

**But I will sing of your strength, in the morning I
will sing of your love;
for you are my fortress, my refuge in times of
trouble. O my Strength, I sing praise to you;
you, O God, are my fortress, my loving God.
(Psalm 59:16-17)**

II. HOW DAVID STRENGTHENED HIMSELF

B. HERE WE CAN GLEAN HOW "DAVID STRENGTHENED HIMSELF IN THE LORD HIS GOD"...

- **3. From Psalm 63, we see David overcame of loneliness by...**

a. Seeking the Lord

O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. (Psalm 63:1-2)

II. HOW DAVID STRENGTHENED HIMSELF

B. HERE WE CAN GLEAN HOW "DAVID STRENGTHENED HIMSELF IN THE LORD HIS GOD"...

b. Praising and praying

Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands.

My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you. (Psalm 63:3-5)

II. HOW DAVID STRENGTHENED HIMSELF

B. HERE WE CAN GLEAN HOW "DAVID STRENGTHENED HIMSELF IN THE LORD HIS GOD"...

c. Meditating upon the Lord

**On my bed I remember you; I think of you
through the watches of the night.**

**Because you are my help, I sing in the
shadow of your wings. (Psalm 63:6-7)**

II. HOW DAVID STRENGTHENED HIMSELF

B. HERE WE CAN GLEAN HOW "DAVID STRENGTHENED HIMSELF IN THE LORD HIS GOD"...

- **4. In each of these psalms, David is basically saying the same thing...**
 - a. In time of trouble, put your trust in the Lord**
 - b. Stay close to Him, through praising Him and praying to Him**
 - c. Do this, and you will be made strong as the Lord supports you!**

**My soul clings to you; your right hand upholds me.
(Psalm 63:8)**

II. HOW DAVID STRENGTHENED HIMSELF

B. HERE WE CAN GLEAN HOW "DAVID STRENGTHENED HIMSELF IN THE LORD HIS GOD"...

- **This was how "David strengthened himself in the Lord his God",**
- **This was how David was able to face and overcome his problems with the help the Lord gave him.**
- **How about us today? In times of trouble, do we follow David's example?**

III. DEALING WITH OUR PROBLEMS TODAY

A. WE FACE MANY PROBLEMS, EVEN AS CHRISTIANS...

- **1. Some are related to family, or other matters of personal concern**
- **2. Some are related to jobs, and the issue of financial security**
- **3. Some are related to finances**
- **4. Some are related to health issues**
- **5. Some are related to woundedness**

III. DEALING WITH OUR PROBLEMS TODAY

**B. IN MANY CASES,
PEOPLE TRY TO TACKLE THEIR PROBLEMS ALONE.....**

- **1. They leave God completely out of the picture**
- **2. Sometimes they even forsake Him entirely...**
 - a. By no longer praising Him and praying to Him daily**
 - b. By neglecting the assembly in which we gather to edify one another and worship God**

III. DEALING WITH OUR PROBLEMS TODAY
B. IN MANY CASES,
PEOPLE TRY TO TACKLE THEIR PROBLEMS ALONE.....

- **3. The reasoning is often expressed
“wrongly” this way:**

**"Let me get my life straight,
then I will be able to serve God
and live for Him."**

III. DEALING WITH OUR PROBLEMS TODAY
C. BUT GOD IS ANGERED
IF WE TRY TO SOLVE OUR PROBLEMS WITHOUT HIM!

- **1. God considers such a person as cursed!**

This is what the LORD says: "Cursed is the one who trusts in man, who depends on flesh for his strength and whose heart turns away from the LORD.

**He will be like a bush in the wastelands;
he will not see prosperity when it comes.
He will dwell in the parched places of the desert, in
a salt land where no one lives....**

III. DEALING WITH OUR PROBLEMS TODAY
C. BUT GOD IS ANGERED
IF WE TRY TO SOLVE OUR PROBLEMS WITHOUT HIM!

**"But blessed is the man who trusts in the LORD,
whose confidence is in him.**

**He will be like a tree planted by the water that
sends out its roots by the stream.**

**It does not fear when heat comes; its leaves are
always green.**

**It has no worries in a year of drought and never
fails to bear fruit."(Jer 17:5-8)**

III. DEALING WITH OUR PROBLEMS TODAY

C. BUT GOD IS ANGERED

IF WE TRY TO SOLVE OUR PROBLEMS WITHOUT HIM!

- **2. A good example of God's displeasure when His people fail to look to Him for strength is found in Isaiah...**
 - a. **When attacked by Assyria, Israel placed her trust in Egypt**

**III. DEALING WITH OUR PROBLEMS TODAY
C. BUT GOD IS ANGERED
IF WE TRY TO SOLVE OUR PROBLEMS WITHOUT HIM!**

"Woe to the obstinate children," declares the LORD, "to those who carry out plans that are not mine, forming an alliance, but not by my Spirit, heaping sin upon sin; who go down to Egypt without consulting me; who look for help to Pharaoh's protection, to Egypt's shade for refuge. (Isaiah 30:1-2)

III. DEALING WITH OUR PROBLEMS TODAY
C. BUT GOD IS ANGERED
IF WE TRY TO SOLVE OUR PROBLEMS WITHOUT HIM!

b. Because of this, God promised to frustrate the efforts of Israel to solve her problems by herself!

But Pharaoh's protection will be to your shame, Egypt's shade will bring you disgrace. (Isaiah 30:3)

III. DEALING WITH OUR PROBLEMS TODAY
C. BUT GOD IS ANGERED
IF WE TRY TO SOLVE OUR PROBLEMS WITHOUT HIM!

Woe to those who go down to Egypt for help, who rely on horses, who trust in the multitude of their chariots and in the great strength of their horsemen, but do not look to the Holy One of Israel, or seek help from the LORD.

Yet he too is wise and can bring disaster; he does not take back his words. He will rise up against the house of the wicked, against those who help evildoers. But the Egyptians are men and not God; their horses are flesh and not spirit. When the LORD stretches out his hand, he who helps will stumble, he who is helped will fall; both will perish together. (Isaiah 31:1-3)

III. DEALING WITH OUR PROBLEMS TODAY
C. BUT GOD IS ANGERED
IF WE TRY TO SOLVE OUR PROBLEMS WITHOUT HIM!

- **3. Today, God wants us to trust Him**

Come near to God and he will come near to you.

Wash your hands, you sinners, and purify your hearts, you double-minded. (James 4:8)

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. (1 Peter 5:6-7)

III. DEALING WITH OUR PROBLEMS TODAY
C. BUT GOD IS ANGERED
IF WE TRY TO SOLVE OUR PROBLEMS WITHOUT HIM!

a. The truth of the matter is this...

- 1) It is NOT "God helps those who help themselves"**
- 2) But rather "God helps those who trust in the Lord with all their heart, and lean not on their own understanding"!**

**III. DEALING WITH OUR PROBLEMS TODAY
C. BUT GOD IS ANGERED
IF WE TRY TO SOLVE OUR PROBLEMS WITHOUT HIM!**

**Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways acknowledge him,
and he will make your paths straight.**

(Proverbs 3:5-6)

III. DEALING WITH OUR PROBLEMS TODAY

C. BUT GOD IS ANGERED

IF WE TRY TO SOLVE OUR PROBLEMS WITHOUT HIM!

- b. When we leave God out of the picture in solving problems...**
 - 1) One thing is certain: God leaves us to deal with those problems on our own, and without His help!**
 - 2) Another thing is possible: In an act of loving discipline, God might frustrate our efforts to solve our problems independent of His help (He certainly disciplined Israel that way!)**

III. DEALING WITH OUR PROBLEMS TODAY

CONCLUSION

- **1. So let us learn from one experienced in dealing with problemsDavid!!!**
 - a. In times of trouble, look to the Lord for your strength!**
 - b. Trust in the Lord, and be steadfast in praising Him and praying to Him**
 - c. Don't forsake Him, nor forsake the assembly of the saints in which we draw near to Him**

III. DEALING WITH OUR PROBLEMS TODAY

CONCLUSION

- **2. Let what David said of himself be true of us as well:**

"My soul follows close behind You; Your right hand upholds me."

(Psalm 63:8)

III. DEALING WITH OUR PROBLEMS TODAY

CONCLUSION

- **3. Remember that those who trust in God will find strength, deliverance, and true happiness!**

David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.

(1 Sam.30:6)

III. DEALING WITH OUR PROBLEMS TODAY

CONCLUSION

- **Do you trust in the Lord?**
 - **Or in your own strength?**
 - **Let the Lord be your deliverance!**
- 1) It is **NOT**: "God helps those who help themselves"
 - 2) But rather: "God helps those who trust in the Lord with all their heart, and lean not on their own understanding"!

III. DEALING WITH OUR PROBLEMS TODAY

CONCLUSION

- But David found strength
in the LORD his God.
- LET' S PRAY: