

Getting Up After Being Knocked  
Down by Life

1Samuel 30:1-19

# David Grieved Over His Family

- Bad, unfair, and sadly tragic things happen to good people.
- David did not affix blame, although his men blamed him.
  - He could have blamed Saul.
  - He could have blamed God.
- David was in charge of his reactions.

# David Encouraged Himself In The Lord

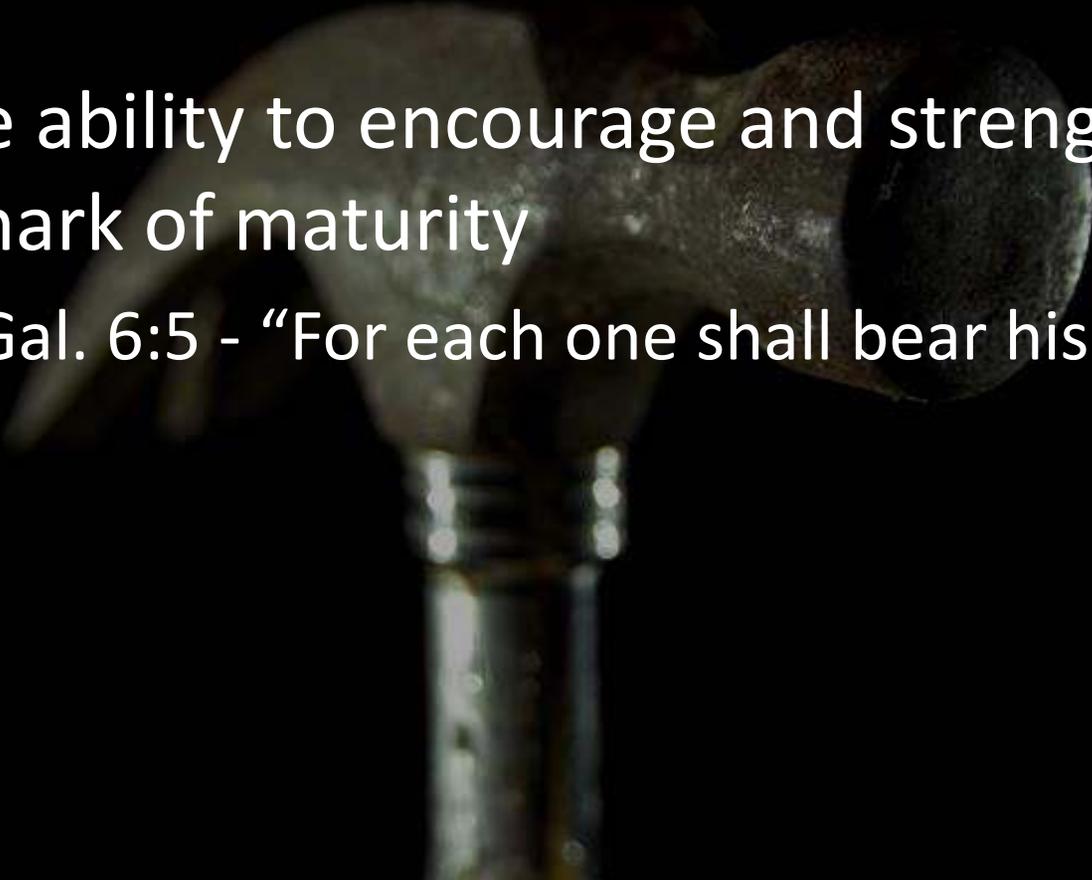
- Every soul needs encouragement.
- Encourage is from “chazaq, meaning - to recover, repair, retain, seize, strengthen oneself, be stout, be strong, be sure, take hold, be urgent, behave self valiantly, withstand” (Strong's)

# David Encouraged Himself In The Lord

- We cannot rely on others to encourage us.
  - Gal. 6:2 - “Bear one another's burdens, and so fulfill the law of Christ.”
  - Heb. 3:13 - “But exhort one another daily, while it is called Today, lest any of you be hardened through the deceitfulness of sin.”

# David Encouraged Himself In The Lord

- The ability to encourage and strengthen self is a mark of maturity
  - Gal. 6:5 - “For each one shall bear his own load.”



## David Found Encouragement In The Lord

- Because David had developed and maintained a relationship with God in the past, he was able to be sustained by Him in the present
- We serve the same God; we know more of God's works than David did, including His work in our salvation

# David Found Encouragement In The Lord

- Every Christian must develop and maintain a relationship with God.
  - Heb. 13:5-8 - “Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, I will never leave you nor forsake you. 6 So we may boldly say: The LORD is my helper; I will not fear. What can man do to me? 7 Remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct. 8 Jesus Christ is the same yesterday, today, and forever.”

# David Found Encouragement In The Lord

- Matt. 28:20 - “Teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.”
- 1Cor. 10:13 - “No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”

# David Found Encouragement In The Lord

- “But what of Stephen and the many martyrs who died?”
  - Rev. 2:10 - “Do not fear any of those things which you are about to suffer. Indeed, the devil is about to throw some of you into prison, that you may be tested, and you will have tribulation ten days. Be faithful until death, and I will give you the crown of life.”
- Faithfulness doesn’t always appear to be rewarded in this world

# David Called For A Priest

- It testified that he understood that God is in control
  - Rom. 12:19 - “Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, Vengeance is Mine, I will repay, says the Lord.”
  - Prov. 16:3 - “Commit your works to the LORD, And your thoughts will be established.”

# David Called For A Priest

- David began humbly with prayer, and so should we
  - James 4:10 - “Humble yourselves in the sight of the Lord, and He will lift you up.”
- Often when one needs prayer the most, he feels the least like praying
- When one is knocked down by hardship, he often forgets to pray.

# David Called For A Priest

- Discouraged people are more prone to doubt and as a result, weaken their prayers
  - James 1:6-8 - “But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. 7 For let not that man suppose that he will receive anything from the Lord; 8 he is a double-minded man, unstable in all his ways.”

# David Called For A Priest

- David inquired about the will of God and then acted on it
- David was considerate of those who were weaker than he was. Not all Christians are equal in strength
  - 1Thes. 5:14 - “Now we exhort you, brethren, warn those who are unruly, comfort the fainthearted, uphold the weak, be patient with all.”

# David Called For A Priest

- Bad things happen to good people.
- When bad things happen it is okay to be distraught, but not to lose control.
- A godly person cannot follow a crowd to do evil, even if it appears just.
- God has the ability to take care of those who trust Him.
- We can encourage ourselves in the Lord.
- God's provision never fails.
- The resolution to our problems is not always in this present life.
- Life in this world is the beginning, not the end of God's plans for us.
- Fear of death or loss demonstrates a lack of faith.

# David Called For A Priest

- We can encourage ourselves in the Lord
  - Jude 20-21 - “But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, 21 keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.”