

## "DAVID STRENGTHENED HIMSELF IN THE LORD HIS GOD"

1Samuel 30:6

### INTRODUCTION

- A. What's the first thing you do in time of trouble? Everyone has problems, but don't try to solve in same way. What is best way?
- B. King David had more than his share of trouble
  1. Pursued by King Saul; barely escaped assassination; spent much time hiding in wilderness; His family kidnapped; His friends turned against him, ready to kill him; suffered shame adultery and murder; son Amnon raped his daughter Tamar; other son Absalom murdered Amnon; Absalom led a revolt against him; Absalom himself was killed by Joab, David's general. 2Sam 18:14
  2. David was certainly a man with many problems!
- C. Yet, he survived and is remembered as "a man after God's own heart." Acts 13:22 How was he able to do this?
- D. Find the answer by considering what David did when faced with one of his most serious problems, as recorded in 1Sam 30:1-6

### DISCUSSION:

#### I. WHAT DAVID DID IN TIMES OF TROUBLE

- A. The context of 1Sam 30:1-6
  1. At this time in his life, David was living in Ziklag, having fled from King Saul and is now aligned with 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 and his men back to Ziklag
- B. Reading 1Sam 30:1-6, we find:
  1. Ziklag had been attacked and burned by Amalekites (1)
  2. Women & children kidnapped, David's family also (2 - 5)
  3. David distressed; but also, the people are ready to kill him apparently for not having been there when he was needed (6)
- C. But notice carefully the last part of verse six: what he does when he has lost his family, and his own life is threatened?
  1. "But David strengthened himself in the Lord his God."
  2. With the strength he received, he was then able to deal with whatever the problem was before him!
- D. But what does it mean to "strengthen himself in the Lord his God"? To answer, it is helpful to consider some of the Psalms written by David during troublesome times

#### II. HOW DAVID STRENGTHENED HIMSELF IN LORD HIS GOD

- A. In times of trouble David often composed Psalms.
  1. While pursued by Saul, he wrote Ps 59 - cf. Ps 59:1-4
  2. When imprisoned in Gath, he wrote Ps 56 - cf. Ps 56:1-2
  3. Fleeing from Absalom, he wrote Ps 3 - cf. Ps 3:1-2
  4. Hiding in the wilderness of Judah, he wrote Ps 63
- B. This is how he "strengthened himself in the Lord his God".

1. David trusted God to help him Ps 56:3-4, 9-11
  2. David continued praising God for His help - Ps 59:16-17 even though it seemed at times that God had abandoned him.
  3. David overcame problem of loneliness by: seeking the Lord Ps 63:1-2; Praising and praying Ps 63:3-5; Meditating upon the Lord - Ps 63:6-7
  4. David says: In time of trouble, put your trust in the Lord; stay close, praise and pray to Him; Do this, and you will be made strong as the Lord supports you! - cf. Ps 63:8
- C. Thus, He faced & overcame with help the Lord gave him.
  - D. How about us today? In times of trouble, do we follow David's example? Consider a few thoughts along this line.

#### III. DEALING WITH OUR PROBLEMS TODAY

- A. We face problems, as Christians: family, or other personal matters; some related to jobs, & issues of financial security
- B. Many leave God completely out of the picture & forsake Him entirely, by no longer praising and praying to Him daily
  1. Neglecting assembly where we gather to edify one another and worship God
  2. Often is expressed this way: "Let me get my life straight, then I will be able to serve God and live for Him."
- C. But God is angered if we try solving problems without him!
  1. God considers such a person as cursed! - cf. Jer 17:5-8
  2. Example of God's displeasure is found in Isaiah...
    - a. Attacked by Assyria, placed trust in Egypt Isa 30:1-2
    - b. God then promised to frustrate efforts of Israel to solve her problems by herself! - Isa 30:3; 31:1-3
    - c. Israel was to trust God, not themselves Isa 30:15-16
  3. Today, God wants us to trust Him Jas 4:8; 1Pet 5:6-7
    - a. NOT "God helps those who help themselves" But He helps ones who trust in Him. Pro 3:5-6 (thereby helping themselves)
    - b. When we leave God out of picture in solving problems, God leaves us to deal with those problems on our own, and without His help!
  4. It may also be in an act of discipline, God might frustrate our efforts to solve our problems independent of His help (He certainly disciplined Israel that way!)

#### CONCLUSION

- A. So, learn from one experienced in dealing with problems (David)
  - a. In times of trouble, look to the Lord for your strength!
  - b. Trust in the Lord, be steadfast in praising and praying to Him
  - c. Don't forsake Him, nor forsake the assembly of the saints in which we draw near to Him
- B. Let what David said of himself be true of us: "My soul follows close behind You; Your right hand upholds me." (Psa 63:8 NKJV)
- C. Those who trust in God find strength, deliverance, and true happiness!
- D. Do you trust in the Lord? Or in your own strength? Let the Lord be your deliverance! Especially the problem of the guilt of sin.