



## 1 SAMUEL 30

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January 17, 2021

### DAVID'S LOW POINT

- “When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken \_\_\_\_\_.” (1 Samuel 30:3)

### A BAD DAY GETS WORSE

- “David was greatly distressed because the men were talking of \_\_\_\_\_ him.” (1 Samuel 30:6a)

### DAVID'S RESPONSE

“David found \_\_\_\_\_ in the Lord his God.”  
(1 Samuel 30:6b)

- He \_\_\_\_\_ (vv. 7-8)
- He \_\_\_\_\_ (vv. 9-16)
- He \_\_\_\_\_ (v. 17)
- He \_\_\_\_\_ (vv. 18-20)
- He becomes a \_\_\_\_\_ (vv. 21-25)
- He gives out \_\_\_\_\_ (vv. 26-31)

1 SAMUEL 30 IS A FORESHADOW OF \_\_\_\_\_

## PRACTICAL WAYS TO FIND STRENGTH IN THE LORD (1 SAMUEL 30:6)

- Listening to or singing worship songs that declare God's power and strength. (Ps 96:1-4)
- Fixing my eyes on Jesus and the cross (Hebrews 12:1b-3).
- Spending time in the Word and memorizing strategic Scriptures about God's goodness and the blessings He has in store for those who persevere (James 1:12)
- Remembering that God is using these difficult times to grow me (Read James 1:2-4).
- Taking a moment to view whatever challenge I'm facing in light of eternity (2 Cor 4:17)
- Leaning into Jesus as my High Priest, who understands and empathizes (Heb 4:14-16) – knowing that I can go to Him about anything – and receive help and encouragement.
- Rehearsing the stories of God's faithfulness over the course of my life (Ps 40) – as a way of reminding myself that God will continue to be faithful to me in the future.
- Spending time with brothers and sisters in Christ who encourage me and model for me “finding strength in the Lord” (1 Sam 23:15-17)
- Celebrating the good news that my victory is not dependent on my perseverance, but on the finished work of Jesus, whose perseverance already won the victory! (John 19:30)

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