

Find Strength During Sorrow

June 28, 2009

1 Samuel 30

How to Find Strength During Sorrow:

1 Samuel 30:3, 6a ³When David and his men came to Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. ^{6a}David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters.

1 Samuel 28:4-5 ⁴The Philistines assembled and came and set up camp at Shunem, while Saul gathered all the Israelites and set up camp at Gilboa. ⁵When Saul saw the Philistine army, he was afraid; terror filled his heart.

1 Samuel 28:15b "I am in great distress," Saul said.

1. Sooner or later, everyone faces distressful events.

1 Samuel 28:7a ^{7a}Saul then said to his attendants, "Find me a woman who is a medium, so I may go and inquire of her."

2. Distress can drive us to find relief in the wrong places.

1 Samuel 30:6 ⁶David 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.*

3. True relief from distress comes when we strengthen ourselves in God.

Psalm 27:1 ¹The LORD is my light and my salvation—whom shall I fear?

Psalm 27:4 ⁴One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple.

4. When life brings distress, focus your attention on God.

Psalm 27:11 ¹¹Teach me your way, O LORD; lead me in a straight path because of my oppressors.

5. When life brings distress, ask for God's guidance.

Psalm 27:14 ¹⁴Wait for the LORD; be strong and take heart and wait for the LORD.

6. Success during distress involves establishing spiritual habits ahead of time.