

A Heart Strengthened In The LORD

1 Samuel 30:1-10 (ESV)

Now when David and his men came to Ziklag on the third day, the Amalekites had made a raid against the Negeb and against Ziklag. They had overcome Ziklag and burned it with fire and taken captive the women and all who were in it, both small and great. They killed no one, but carried them off and went their way. And when David and his men came to the city, they found it burned with fire, and their wives and sons and daughters taken captive. Then David and the people who were with him raised their voices and wept until they had no more strength to weep. David's two wives also had been taken captive, Ahinoam of Jezreel and Abigail the widow of Nabal of Carmel. And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened himself in the LORD his God. And David said to Abiathar the priest, the son of Ahimelech, "Bring me the ephod." So Abiathar brought the ephod to David. And David inquired of the LORD, "Shall I pursue after this band? Shall I overtake them?" He answered him, "Pursue, for you shall surely overtake and shall surely rescue." So David set out and the six hundred men who were with him, and they came to the brook Besor, where those who were left behind stayed. But David pursued, he and four hundred men. Two hundred stayed behind, who were too exhausted to cross the brook Besor.

The Ongoing Attacks Of The Amalekites

Exodus 17:14-16 (ESV)

Then the LORD said to Moses, "Write this as a memorial in a book and recite it in the ears of Joshua, that I will utterly blot out the memory of Amalek from under heaven." And Moses built an altar and called the name of it, The LORD Is My Banner, saying, "A hand upon the throne of the LORD! The LORD will have war with Amalek from generation to generation."

1 Samuel 15 – Saul's Failure

David's suffering is a result of Saul's disobedience

Great distress and bitterness can come from someone else's disobedience

We must strengthen ourselves in the LORD

Strengthened In Stillness

Isaiah 30:15 (ESV)

For thus said the Lord GOD, the Holy One of Israel, "In returning and rest you shall be saved; in quietness and in trust shall be your strength."

Isaiah 40:29-31 (ESV)

He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Strengthened In Celebration

Nehemiah 8:10 (ESV)

Then he said to them, "Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the LORD is your strength."

Esther 9:22 (ESV)

...as the days on which the Jews got relief from their enemies, and as the month that had been turned from them from sorrow into gladness and from mourning into a holiday; that they should make them days of feasting and gladness, days for sending gifts of food to one another and gifts to the poor.

Strengthened In Surroundedness

Ephesians 6:10-12 (ESV)

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

Strengthened For His Sake

2 Corinthians 12:9-10 (ESV)

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

Hebrews 13:8-9 (ESV)

Jesus Christ is the same yesterday and today and forever. Do not be led away by diverse and strange teachings, for it is good for the heart to be strengthened by grace, not by foods, which have not benefited those devoted to them.

Use the strength that God gives you to go and rescue