



# 1 Samuel 30:1-6 (KJV)




<sup>1</sup>And it came to pass, when  
David and his men were come  
to Ziklag on the third day, that  
the Amalekites had invaded the  
south, and Ziklag, and smitten  
Ziklag, and burned it with fire;






2And had taken the women  
captives, that were therein: they  
slew not any, either great or  
small, but carried them away,  
and went on their way.




3 So David and his men came to the city, and, behold, it was burned with fire; and their wives, and their sons, and their daughters, were taken captives.






4Then David and the people that  
were with him lifted up their  
voice and wept, until they had  
no more power to weep.



5 And David's two wives were  
taken captives, Ahinoam the  
Jezreelitess, and Abigail the  
wife of Nabal the Carmelite.





6And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God.

*“Encourage Yourself  
in the LORD.”*

*1 Sam. 30:1-6*





## **Point #1:**

You can make it through your painful seasons  
when you remember how God has brought you  
through your previous struggles



## Point #2:

You may have lost quite a bit, but you have not  
lost everything





## **Point #3:**

No matter what's going on in your life,  
encourage yourself in the Lord



## Philippians 4:13

I can do all things through Christ which strengtheneth me





## Isaiah 41:10

Fear thou not; for I am with thee: be not  
dismayed; for I am thy God: I will strengthen  
thee; yea, I will help thee; yea, I will uphold  
thee with the right hand of my righteousness



## Ephesians 6:10

Finally, my brethren, be strong in the Lord, and  
in the power of his might



# Psalm 27:1-4

The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?

2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.

3 Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

4 One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to enquire in his temple



## Psalm 24:7-10

7 Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in.

8 Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.

9 Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in.

10 Who is this King of glory? The Lord of hosts, he is the King of glory