

**Title: Strengthen Yourself**

**Pastor: Jaco Coetzee**

**Date: 11 October 2009**

**Time: 18h00**



**1 Samuel 30:1-6**

<sup>1</sup> Now it happened, when David and his men came to Ziklag, on the third day, that the Amalekites had invaded the South and Ziklag, attacked Ziklag and burned it with fire, <sup>2</sup> and had taken captive the women and those who were there, from small to great; they did not kill anyone, but carried them away and went their way. <sup>3</sup> So David and his men came to the city, and there it was, burned with fire; and their wives, their sons, and their daughters had been taken captive. <sup>4</sup> Then David and the people who were with him lifted up their voices and wept, until they had no more power to weep. <sup>5</sup> And David's two wives, Ahinoam the Jezreelitess, and Abigail the widow of Nabal the Carmelite, had been taken captive.

**1 Samuel 30:6**

<sup>6</sup> Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God.

**A: Draw Near to God**

**Psalm 46:1 (NKJV)**

<sup>1</sup> God is our refuge and strength, A very present help in trouble.

**Psalm 18:1–2 (NKJV)**

<sup>1</sup> I will love You, O LORD, my strength. <sup>2</sup> The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.

**B: Learn to Sing Praise**

**Psalm 59:1-2 & 16-17**

<sup>1</sup> Deliver me from my enemies, O my God; Defend me from those who rise up against me. <sup>2</sup> Deliver me from the workers of iniquity, And save me from bloodthirsty men.

<sup>16</sup> But I will sing of Your power; Yes, I will sing aloud of Your mercy in the morning; For You have been my defence And refuge in the day of my trouble. <sup>17</sup> To You, O my Strength, I will sing praises; For God is my defence, My God of mercy.

**Psalm 73:16-17**

<sup>16</sup> When I thought how to understand this, It was too painful for me — <sup>17</sup> Until I went into the sanctuary of God; Then I understood their end.

**Acts 16:23-26**

<sup>23</sup> And when they had laid many stripes on them, they threw them into prison, commanding the jailer to keep them securely. <sup>24</sup> Having received such a charge, he put them into the inner prison and fastened their feet in the stocks. <sup>25</sup> But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were

listening to them. <sup>26</sup> Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were loosed.

### **C: Seek God's Word**

#### **1 Samuel 30:7-8**

<sup>7</sup> Then David said to Abiathar the priest, Ahimelech's son, "Please bring the ephod here to me." And Abiathar brought the ephod to David. <sup>8</sup> So David inquired of the LORD, saying, "Shall I pursue this troop? Shall I overtake them?" And He answered him, "Pursue, for you shall surely overtake them and without fail recover all."

#### **Psalm 119:105**

<sup>105</sup> Your word is a lamp to my feet and a light to my path.

#### **1 Timothy 1:18 (NKJV)**

<sup>18</sup> This charge I commit to you, son Timothy, according to the prophecies previously made concerning you, that by them you may wage the good warfare,

#### **Psalm 119:28 (AMP)**

<sup>28</sup> My life dissolves and weeps itself away for heaviness; raise me up and strengthen me according to [*the promises of*] Your word.

### **D: Dwell in God's House**

#### **Psalm 84:4, 5, 7 & 10**

<sup>4</sup> Blessed are those who dwell in Your house; They will still be praising You. <sup>5</sup> Blessed is the man whose strength is in You, Whose heart is set on pilgrimage...<sup>7</sup> They go from strength to strength... <sup>10</sup> For a day in Your courts is better than a thousand. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness.

### **E: Know His Ways**

#### **Psalm 34:19**

<sup>19</sup> Many are the afflictions of the righteous, But the LORD delivers him out of them all.

#### **Romans 8:28**

<sup>28</sup> And we know that all things work together for good to those who love God, to those who are the called according to His purpose.