



**SERIES: July Series “OFF ROADING”**

**SPEAKER: DAN COKE**

**Wednesday, July 14, 2021**

**Scripture: 1 Samuel 30:1-6**

**TITLE: Discouragement**

[Pastor Dan Coke stands in for Pastor Nat today.]

Wouldn't it be nice if we could go through life never having to face discouragement? Never having to deal with disappointment or sadness? Never having to deal with adversity of any kind? Wouldn't that be nice? Well, guess what? The only place where we will never ever experience any of these negative feelings and thoughts is in Heaven with God. But here, on Earth, where sin has spread to all mankind, we have to deal with discouragement. And you know what? This is the first step to dealing with discouragement: Understanding the difference between our Earthly home and our Heavenly home.

In this world, we have adversity. We experience various trials, all of which the Devil hopes will result in our discouragement. That means there's something else we need to know about discouragement. It's not a sin to feel discouraged, or to even become discouraged. Now, discouragement can potentially lead us to sin, if we're not careful with how we respond to it. But facing and feeling discouragement isn't a sin. Again, this is important because Satan wants to use discouragement to produce unbelief in your heart towards God.

Listen to this Old Testament story from the life of David and his battle with discouragement. In it, you'll be able see the spiritual conflict taking place.

*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 <sup>2</sup>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. <sup>3</sup>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. <sup>4</sup>Then David and the people who were with him raised their voices and wept until they had no more strength to weep. <sup>5</sup>David's two wives also had been taken captive, Ahinoam of Jezreel and Abigail the widow of Nabal of Carmel. <sup>6</sup>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. 1 Samuel 30:1-6 (ESV)*

David, his family and friends all experience unexpected adversity. They became discouraged. They “wept until they had no more strength to weep”. That's some deep agony. And to make matters worse, Satan was busy turning all David's close friends against him.

How did David respond to his discouragement? He looked to God. The text said, “*But David strengthened himself in the Lord his God.*” How did David do that?

We don’t have specifics as to what David did to overcome his discouragement, but I would imagine it sounded like one of the many psalms that he wrote. Psalm 103:2 in particular, stands out: “*Bless the Lord, O my soul, and forget not all his benefits...*”

David overcame discouragement by looking to God and reminding himself of the countless ways that the Lord had been good to him. This was not easy for David to do, nor would it be easy for you, but he was convinced that God is good, and I pray you will be as well.