

SOUTH GROVE FREE PRESBYTERIAN CHURCH LONDON

Lord's Day Afternoon

Date 2nd April 2023

Preacher Rev Philip Knowles. Ps/Hymn

Read: 1 Sam 30:1-8 Text: 1 Sam 30:6

Title –David Encouraged Himself In The Lord.

When reading I Samuel chapter 30 we learn from David's life that discouragement is real.

Notice the words in **verse 6** “**and David was greatly distressed...**”

The word **distress** refers to a **narrow place**, the idea is to be closed in, one's back is against the wall, the pressure is on, heaviness, overwhelmed, the feeling is there is no way forward.

The distressed person is left weak, exhausted and feeling emptied.

But David's **distress** is intensified for “**David was greatly distressed...**”

The word **Greatly** has the idea of **force, extreme, abundance, exceedingly**. So, David is in a narrow place such is the distress that it intensely presses upon him.

David has concluded there is no way of escape. This was no exaggeration; this was a real time of distress in David's personal and family life.

Therefore, we must ask the question, what led to such distress in David's life.

Since David's victory over Goliath, King Saul envied David, to the extent that he hunted David for years.

David was on the run, hiding in caves, hills and wherever he could find refuge.

David said in **1 Sam 27:1** “***I shall one day perish at the hand of Saul.***” He concludes the only way to be safe is to enter enemy territory and side with his enemies.

David took all 600 men and their families. He made a league or vow with Achish King of the Philistines **1 Sam 27:5**. David was given Ziklag to dwell, and stayed there for one and half years.

During this time David had stopped seeking God, he allowed the fear of Saul to snare him. He begins to walk by sight not faith.

David is trusting in his enemies for protection not the LORD. He is living in disobedience to God.

The Lord intervenes providently, and removes Ziklag from David by permitting, Israel enemies the Amalekites to burn Ziklag down.

Ziklag now burned with fire, their families taken hostage. The men had lost everything and were **grieved or bitter.**

This was the time when David and His men should have come together, but instead “***the people, speak of stoning David.***” Those who had supported him were ready to disown him.

And as “***David was greatly distressed, David encouraged Himself in the LORD His God.***”

The word **encouraged**, also means **strengthen, sustained**.  
***“David encouraged, strengthened, sustained Himself in the LORD His God.”***

Therefore, believer in your time of distress, and maybe at present, this is your time of distress, you feel the pressure as a heavy weight upon you, and you can see no way through.

But are you seeking refuge and comfort somewhere else as David did.

Here is God’s word for the weary, and troubled, God permits situations in our lives that will cause us to encourage, strengthen sustain ourselves in the LORD our God.

**I FIRST, DAVID ENCOURAGED HIMSELF BY HIS POSITION IN THE LORD.**

Now that ***“David was greatly distressed...”*** He ***encouraged Himself***, in ***“the LORD His God,”***

Oh believer, please don’t pass this phrase by without careful consideration, and keep it in context with David’s situation.

For the past of number of years David’s daily routine has not included the LORD. He performed activities that did not please the Lord.

By stating the words ***“His God,”*** David has confidence, He is mine and I am His.

**In other words, the LORD is still my God. He has not cast me off.**

David’s assurance is because ***His God is the LORD***, the name ***LORD*** means Jehovah. ***“David encouraged Himself in the LORD JEHOVAH His God,”*** Jehovah is the covenant name of God. God made an everlasting covenant of grace or

bond of grace, an agreement or promise with Christ to save sinners.

This everlasting covenant of grace was confirmed or signed by His own blood, as Christ is spoken of in **Rev 13:8** "**the Lamb slain from the foundation of the world.**" **Rev 5:6** **there stood a lamb as it had been slain.**

**It** is striking to note that the words **lamb slain** means **newly or freshly slain lamb**, that's why the covenant is everlasting, the blood of the Lamb Jesus Christ, shall never lose its blood, it is a fountain full and ever flowing with infinite value to save the vilest offender who truly believes.

That's why even now believer if you call upon the Lord to He has all power to cleanse you from all your sin.

That's why even now sinner if you call upon the Lord to save you, He has all power to deliver from all your sin.

The blood will never lose it's power.

David was a sinner like all the rest of humanity.

But Jehovah in His sovereign grace, mercifully chose David for His own glory. **If God was to save any sinner based upon themselves, then no one would be saved.** However, He draws sinners by His love, calling them by grace through Christ.

in **2 Samuel 23:5,** David in lamenting over the sinful state of his family, Said "***although my house be not so with God, yet he hath made with me an everlasting covenant.***"

**Psalm 89:28** "***my covenant shall stand fast with him.***" the words **stand fast** meant **sure, established.**

**Ps 89:34** Jehovah said “*my covenant will I not break nor alter the thing that is gone out of my lips.*” The word **alter** signifies **to change, to fold, or to double cross** It is the same word used in **Malachi 3:6** “*I am the LORD I change not there for ye sons of Jacob are not consumed,* I am Jehovah I do not double cross.

the Lord confirms **my covenant, my bond, I will not violate, nor will I double cross, or go back on what I have said.** Because I am Jehovah the covenant keeping God. My covenant people are safe and secure.

This was everything to David, because he knew he deserved to be consumed, but due to Jehovah’s covenant of grace, He could never be cast away.

(in **Neh 9:31-32,** The people prayed concerning Israel’s past history and sin against God, “*Nevertheless for thy great mercies’ sake thou didst not utterly consume them, nor forsake them; for thou art a gracious and merciful God.*” ***Now therefore, our God, the great, the mighty, and the terrible God, who keepest covenant and mercy....*** )

David encouraged Himself in Jehovah his covenant keeping God.

Child of God, maybe as David, you have been living daily with no thought about your God, in your daily routine you cant say as the song writer I think of my blessed redeemer I think of Him all the day long.

fellowship with Him of late, has been neglected, your backslidden,

yet He has not forgotten to be gracious, unto you. He remains faithful.

David knew though he forgot Him and wondered away still His God loved him wherever he strayed.

The Lord burned Ziglag, afflicting David, removing that which stopped him going on with God.

The Lord had to take Ziglag away from David, because David never would have left ziglag.

Has, the Lord has brought you aside for such a time as this.

He has removed your Ziglag from you, so you will not depend upon any other refuge in a time of distress but Christ alone.

Since your confidence is in God and He has not changed, then you encourage yourself in the LORD.

**I FIRST DAVID ENCOURAGED HIMSELF BY HIS POSITION IN THE LORD.**

**II SECOND, DAVID ENCOURAGED HIMSELF BY PRAYING TO THE LORD.**

As “**David encouraged Himself in the LORD His God,**” he was driven to prayer. he sought the face of God once more.

Again, this is significant.

The very reason David entered into Ziglag was the result of not seeking the Lord for guidance.

He did not inquire of the LORD.

David was taking matters into his own hands. He entangled himself in the affairs of this life, entering into by path meadow.

David was greatly distressed he was living and moving without consulting his God.

On previous occasions It was his habit to wait upon the Lord for direction, to inquire of God, but during this period of David's life he has neglected prayer.

Now, David suffered a great loss. He was distressed. Under pressure. He was a broken man with family cares upon his heart. **Verse 4** "*then David and the people that were with him lifted up their voice and wept, until they had no more power to weep.*"

The phrase "*had no more power to weep,*" means **they wept until they were exhausted, drained, powerless.** They could not go on. The distressing situation overwhelmed them to the point it controlled them, rendering them powerless.

**But David does something he has not done in a long time, and that was to get before God in prayer.**

Let me assure you, it is never to late to seek God in prayer.

He said in **Jer 29:13** "*ye shall seek me and find me, when ye search for me with all your heart.*" He invites His backsliding children to return to Him! Though you have fallen by your iniquity, yet take with you words and return unto the Lord.

in **verse 7-8** "*David said to Abiathar the priest, Ahimelech's son, I pray thee, bring me hither the ephod, v8. And David inquired at [of] the Lord saying shall I overtake them?.*"

David inquired or committed his way unto the Lord. He desired to know should he go forward in to battle. He would not move until the Lord gave him the word of command.



The Ephod was brought by the priest, as it spoke of prayer to God.

in **Ex 28**. The ephod was one of 7 parts that made up the priests garment. In only thinking about Ephod **Ex 28:9-10** the Ephod had “**two onyx stones**” which were identical.

These stones were placed upon both shoulders. shoulders spoke of strength and support.

Each stone had six names, that is twelves in total, representing the children of Israel also called the twelve tribes of Israel.

Upon the Ephod stones, the twelves tribes were engraved as **Ex 28:10** “**according to their birth.**” beginning with the first born right through to last the born. The point is they were all qual, the sons of Jacob or the children of Israel.

Furthermore, in **Ex 28:12**, the high priest, “**Aaron shall bear their names before the Lord.**” When Aaron entered into the presence of the Lord, the names of Israel were carried with him.

This brings us to our Saviour, who is our representative in heaven, who after His sacrificial death, entered into heaven, to bear our names in the presence of God.

Christ’s prayers strengthens, supports and sustains His people.

We have access and approach to the throne of God in prayer through our Great High Priest, Jesus Christ the righteous.

(In fact the Lord in heaven continues praying and strengthening His people, as He did when upon earth.



Just as priest carried the Ephod upon His shoulders, Notice, upon the earth, as the good shepherd of His sheep, having found the lost sheep, **Luke 15:5-6** teaches “**He layeth it on his shoulders rejoicing, And when He cometh home.**” from the time of salvation until brought home, Christ carries, supports and strengthens His people. )

Therefore, as David came into the presence of God, to inquire of the Lord, He had the ephod as worn by the priest, and David prayed as a child of God by spiritual birth upon redemption ground, confessing his weakness and failures, and he found strength and support in His Saviour.

God had brought this circumstance into David’s life to cause him talk with God again.

David prayed in **Ps 62:1** “**From the end of the earth will I cry unto thee, when my heart is overwhelmed lead me to the rock that is higher than I.**”

If God has used this time situation as means to get you praying again, on talking terms with God, a closer walk and little reviving, it has been a mercy to you.

If in your time of distress have caused you to pray again, it’s been a blessing to you. for I know whatever befall me Jesus doeth all things well. **Isa 40:31** “**they that wait upon the LORD shall renew their strength**” It is a blessing and privilege to pray.

### **III THIRD, DAVID ENCOURAGED HIMSELF BY PROSPERING FROM THE LORD.**

Notice **verse 8-9** “**and He answered him, pursue for thou shalt surely overtake them, and without fail recover all, so David went....**”

David prospered, he was encouraged or strengthened in the LORD, physically and spiritually. The Lord gave him success.

Any man who waits upon the LORD his God in prayer, will always prosper physically and more important spiritually.

When Jacob was alone with God, at Penial, Jacob said in **Gen 32:26** "***I will not let thee go, except thou bless me.***" having met with God, **verse 29** "***He blessed him there.***"

David obeyed the Lord again as seen by the words, ***so David went...***" But not on his own accord, but on the Lord's.

He received a promise from the Lord in **verses 9, 10, 18**, he would recover all that was lost. David pursued, the Amalekites upon the word of God and claimed victory.

Nothing was lost. It was a complete recovery. He trusted, obeyed and enjoyed answers to prayer. David enjoyed the spoils of victory.

This words find their fulfilment, in Jesus Christ who came into the land of His enemies, to do battle at Calvary, and without fail to recover all His lost people, and secured deliverance.

Isaiah said The pleasure of the Lord shall prosper in His hand."

He finished the work of salvation upon the cross. He purchased their salvation by His own perfect life and sacrificial death, in order to bring many sons to glory. No soul for whom Christ's blood was shed will ever be lost.

Have you trusted in Christ as Saviour, your distressed about sin in your life, you see no way out, no future, I pray you will obey the gospel and come to Christ because He came to

give life more abundant. He gives spiritual life that your joy will be overflowing.

If you want joy real joy, encouragement, then ask Jesus to forgive all your sins.

Maybe you have started your day in distress, out of fellowship with God, praise the Lord it can end in victory.

Encourage yourself in the Lord, and profit in every spiritual blessing Christ has purchased for you to enjoy.