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ENCOURAGE YOURSELF IN THE LORD

In I Samuel chapter 30 David found himself in distress. They had fought a battle and came back to Ziklag where their families stayed while they fought the battle. To the dismay of David and those that fought with him, their families, including their wives, sons, and daughters had been taken and the city was burned with fire. It had to be the lowest point of David's life. It appeared that all was lost. They wept until there were no more tears to flow. In Verse 6 it says, ***“And 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.”***

The word encouraged in Hebrew is Chäszaq (pr. Khawzak) and means to fasten upon, seize, be strong, cure, help, repair conquer, behave self valiantly, strengthen, and withstand. How could David do this? It looked so hopeless. All he loved was taken.

David was no stranger to talking to God. He spent hours in the field with sheep, and the great 23rd Psalm was birthed during that time. He knew God personally. He saw God deliver Goliath into his hands. He remembered the battles and the victories. He did not think of the loss. He thought of the victories. This encouraged him.

This is what we must do when all looks “lost.” We must not let the circumstances of life bring us to the “pit.” We must remember the past victories and remember that God will always see us through. Is this easy when all seems lost? No, my friends it isn't, but it is the only true choice to make. If we think on the wrong things, we will be defeated.

After encouraging himself David inquired of the Lord. He prayed! He asked the Lord if he should overtake the enemy. God said yes! David did not quit. He took God at his word and went after those that destroyed their city and took their families. He rose up, behaved self valiantly, strengthened himself and went to battle. He went in the strength that came from encouraging himself in the Lord, and in verse 18 it says that they recovered all! Not only did they get everything back that was taken, they took the enemies flocks and herds as spoil.

I keep a journal of what God does in my life. There are many times that I go back and read the things in it to encourage myself when I have a low day. You can be sure that there will be battles, but you can also be sure that by encouraging yourself you will win, because God is on your side!