

## How to Encourage Yourself <sup>in the</sup>

# Lord



**1 Samuel 30**

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- There will be times of discouragement in our lives, but we cannot allow them to swallow us up.
- We must be able to encourage ourselves in the Lord. How did David do this here in our text?

**First, by seeking God's \_\_\_\_\_ -  
vs. 8-9**

- When troubles come, the believer's first \_\_\_\_\_ should be to the Lord.
- *"Casting all your care upon him; for he careth for you." 1 Peter 5:7*
- Satan wants to convince you that God doesn't \_\_\_\_\_, but He does care.
- *"I sought the LORD, and he heard me, and delivered me from all my fears." Psalm 34:4*
- *"For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. " Hebrews 4:15-16*

## **Second, by acting upon God's**

\_\_\_\_\_ - vs. 9

- When God's Word has a clear answer for us, we simply \_\_\_\_\_ and act upon it.
- Satan's desire is to move you \_\_\_\_\_ from God's Word.

## **Third, by enlisting the \_\_\_\_\_ of others**

- vs. 9-16

- Many times we need the help of other godly people.
- *"Bear ye one another's burdens, and so fulfil the law of Christ."* **Galatians 6:2**
- This is where a local \_\_\_\_\_ is so crucial. You need a church family.

## **Fourth, by refusing to allow others to**

\_\_\_\_\_ you - vs. 10

- Once you have been encouraged in the Lord, you should \_\_\_\_\_ to encourage somebody else in the Lord.