

Encouraging Yourself in the Lord Psalm 13, 1 Samuel 30

Introduction:

1. Psalm 13 is a Psalm of David. David is a very discouraged man as he pens this psalm. Life is falling apart around him and he keeps crying, "*How long?*" vs. 1-2
2. David cries out in verse 3, "*Consider and hear me, O Lord my God: lighten mine eyes...*"
3. David had enemies that desired to prevail against him and see him moved (waver, slip, shake, fall). vs. 4
4. But then the Psalm takes a turn in verse 5 and it is as if David gets ahold of himself, focuses on truth instead of his feelings, and by the end of the psalm he has encouraged himself in the Lord. vs. 5-6
5. We don't know for sure when this psalm was written, but it may have been during a time we read about in 1 Samuel 30. Let's turn there and see this.
6. David lost everything, as did his comrades. What did they do? vs. 4 (they cried like babies) - Weeping is fine, but it doesn't solve the problem.
7. But then comes the great statement in verse 6 "*...but David encouraged himself in the Lord his God.*" This is what we saw in Psalm 13.
8. There are times of discouragement in this life, but we can't allow them to swallow us up. We must be able to encourage ourselves in the Lord. How did David do this?

First, David turned in faith and sought God. Psalm 13:5a; 1 Samuel 30:8

1. David immediately "enquired" of the Lord. This is the most important principle and it was the first thing David did. He sought God.
2. This is so foreign to many people who do not know the Lord. The world's philosophy is, "You got problems and you're discouraged? Take some drugs, get drunk, go out to the nightclubs, party - you'll forget all about your problems."
3. But when your sin binge is over, your problems are still there and haven't gone anywhere.
4. Christian, remember this - God should not be your **last** resort; He should be your **first** resource.
5. You say, "Does God really want to hear about my problems and difficulties?"
1 Peter 5:7; Philippians 4:6
6. Sometimes I hear Christians say, "But I don't feel worthy to stand before God and talk to Him." What did David say to God in **Psalm 13:5**?
7. God is a merciful God. If you have trusted Christ as your Savior, you stand in the mercy and grace of God Almighty. Not because of what **you** have done, but because of what Christ has done on your behalf. Only one thing makes us worthy - Jesus Christ! **Ephesians 2:18**
8. When life knocks you down and you need to encourage yourself, the first step is to turn in faith and seek God. There is no substitute for this.

Second, David believed God's Word and rejoiced in it. Psalm 13:5b; 1 Samuel 30:9

1. David received God's Word in verse 8, and verse 9 begins, "*So David went...*" God promised David salvation (deliverance) from the situation he was in, and David rejoiced in this and acted on it. **Psalm 13:5b**
2. Do you want to encourage yourself in the Lord? Rejoice in God's salvation!
 - If you are a believer today, your salvation has been settled in Christ Jesus.
 - We have been saved and delivered from the penalty of sin. Our salvation from the penalty of sin (death and hell) is not something we are working for or hoping for; it is a present possession! No matter what this world or Satan throws our way, our enemies cannot take away God's salvation from us.
Colossians 1:13-14
3. As a believer, God has given you so many wonderful promises, such as **2 Corinthians 12:9**. How about **Philippians 4:13**?
4. When we are discouraged, there comes a point where we have to move our eyes off of the problem and choose to focus on and believe God's Word.
5. David could have allowed his grief and sorrow to destroy him, but he said, "I've got God's Word - I'm going to believe it, trust it, and act on it." He said, "*My heart shall rejoice in thy salvation.*"

Third, David sung unto the Lord. Psalm 13:6a

1. This is a constant theme throughout the book of Psalms because many of the psalms were songs that Israel used in worship. Many were songs that David wrote at various times in his life. Let's read **Psalm 40:1-3**.
2. I truly believe that after a person is saved and becomes a child of God, God puts a new song in his mouth. One of the first things I did after salvation is to develop a thirst for music that glorified my God. I put away my old music that glorified sin and the things of the world.
3. When you are discouraged, there is nothing like Christ-honoring music to lift your spirits and get you focused on the right things. **Ephesians 5:19**
4. Do you sing unto the Lord? If Jesus were riding in your car, would you turn the radio station? This should tell you something. The Christian is no longer in the flesh, but in the Spirit after salvation, therefore our music should reflect our new identity.
5. Our music should not glorify the things of the flesh, but the things of the Spirit of God. Do you want to encourage yourself? Sing unto the Lord!

Fourth, David focused on God's goodness. Psalm 13:6b

1. When David pursued the Amalekites in 1 Samuel 30, he had 600 men with him, but 200 were so tired they could not go on. God gave David a great victory and they recovered their families and all their possessions plus a great spoil from the enemy.
2. When they came back and met the 200 who were faint, some of the 400 did not want to give the 200 anything but their families. They wanted to send them away empty-handed. David would have no part in this kind of thinking. 30:23-24
3. David was too focused on God's goodness to be angry, bitter, and stingy. Notice he said, "*The Lord hath given us...*" He had been through a tragic and terrible trial, yet he remained focused on God's goodness.

4. The same is true in **Psalm 13:6** when David recognized that the "*Lord...hath dealt bountifully with me.*" In this psalm, David goes from total perplexity and depression, to rejoicing and singing unto the Lord. Why is this? He began to focus on God's goodness.
5. The apostle Paul was in prison for preaching the gospel, yet he proclaimed, "*Rejoice in the Lord alway: and again I say, Rejoice.*" Paul's prison epistles are filled with Paul praising the Lord for all the blessings he had been given in Christ.
Ephesians 1:3
6. When you are discouraged, have you ever just knelt down to thank God for the bountiful blessings He has provided for you in Christ? It will change your entire perspective on whatever is going on in your life.

In Conclusion:

1. One of Satan's greatest weapons that he uses against us is discouragement. We all go through times of discouragement. This is normal.
2. But the question becomes, "What will you do about it?" Are you going to allow it to swallow you up or will you overcome it?
3. I hope this message has given you the tools to defeat it and overcome it.