

HOW TO FIND COURAGE AGAIN

1. Look Back – Dwell on His Faithfulness
2. Look Ahead – Count on His Promises
3. Look Up – Rest in His Goodness

“This I recall to my mind, therefore have I hope.” (Lamentations 3:21)

Quote: “Here in our story is a man reduced to an appalling plight because he has compromised. But it is thrilling to know that no matter how far that man has gone, the blood of his redemption goes further.”—**Alan Redpath**

3. REALIGN YOUR HEART

IN _____ (v. 7-8)

A. Seek God’s Will in _____

Quote: “All failures are prayer failures.”—**John R. Rice**

B. Step Out in _____

Quote: “God always gives us the strength we need to obey.”
—**Warren Weirsbe**

Quote: “How grand he is amid the ruins! He rises to his full height, while his fortunes fall! ... He is no longer in bondage to craft, but he is a man again, strong in the strength of God; for he casts himself away from all earthly trusts, and encourages himself in the Lord.”—**C. H. Spurgeon**

“He that observeth the wind shall not sow; and he that regardeth the clouds shall not reap.” (Ecclesiastes 11:4)

C. Trust God in the _____

Quote: “Worrying does not empty tomorrow of its troubles; it empties today of its strength.” — **Corrie Ten Boom**

“Commit thy way unto the Lord; trust also in him; and he shall bring it to pass.” (Psalm 37:5)

CONCLUSION



GOD IS ABLE TO ENCOURAGE

LARRY CHAPPELL | MARCH 1, 2026

Text: 1 Samuel 30:1-8

“And it came to pass, when David and his men were come to Ziklag on the third day, that the Amalekites had invaded the south, and Ziklag, and smitten Ziklag, and burned it with fire; 2 And had taken the women captives, that were therein: they slew not any, either great or small, but carried them away, and went on their way. 3 So David and his men came to the city, and, behold, it was burned with fire; and their wives, and their sons, and their daughters, were taken captives. 4 Then David and the people that were with him lifted up their voice and wept, until they had no more power to weep. 5 And David’s two wives were taken captives, Ahinoam the Jezreelitess, and Abigail the wife of Nabal the Carmelite. 6 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. 7 And David said to Abiathar the priest, Ahimelech’s son, I pray thee, bring me hither the ephod. And Abiathar brought thither the ephod to David. 8 And David enquired at the LORD, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all.” (1 Samuel 30:1-8)

INTRODUCTION

1. RECOGNIZE THE DANGER

IN _____ (v. 1-5)

“The sorrows of death compassed me, and the floods of ungodly men made me afraid. The sorrows of hell compassed me about: the snares of death prevented me.” (Psalm 18:4-5)

4 CAUSES OF DISCOURAGEMENT

1. Fatigue
2. Frustration
3. Failure
4. Fear

A. David Lost _____

“And David said in his heart, I shall now perish one day by the hand of Saul: there is nothing better for me than that I should speedily escape into the land of the Philistines; and Saul shall despair of me, to seek me any more in any coast of Israel: so shall I escape out of his hand.” (1 Samuel 27:1)

B. David Left His _____

“And the time that David dwelt in the country of the Philistines was a full year and four months.” (1 Samuel 27:7)

C. David Lacked _____ in God

“So did David, and so will be his manner all the while he dwelleth in the country of the Philistines.” (1 Samuel 27:11b)

WHEN LIFE UNRAVELS REMEMBER

1. God’s silence is not God’s absence (Psalm 46:1)
2. Compromise complicates crisis (Proverbs 13:15)
3. Chastening is loving correction (Hebrews 12:10)
4. God often begins at rock bottom (Psalm 40:1-2)

2. RUN TO GOD FOR _____ (v. 6)

A. Encouragement Cannot Be _____

“Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God;” (2 Corinthians 3:5)

B. God Encourages Those Who Draw _____ to Him

Quote: “Some of the best talks in the world are those which a man has with himself. He who speaks to everybody except himself is a great fool.”—**C.H. Spurgeon**

“Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.” (Psalm 42:11)