

Getting Up After Being Knocked Down by Life

(Compiled by Paul R. Blake)

Introduction:

A. 1Sam. 30:1-19

B. Everything seemed to be going wrong for David

1. David served Saul faithfully as a servant and a soldier
2. Saul became jealous of David's success and tried to kill him, pursuing him for years
3. About 600 warriors joined themselves with David after fleeing from Saul, and David had multiple opportunities to kill Saul, but did not
4. He is driven from his homeland and forced to join the Philistines in order to fight the enemies of Israel, even though the king of Philistia wanted him to fight Israel. So, David raids the Amalekites to protect Israel
5. While he is away from home, a few surviving Amalekites raid David's home, burn everything, and take his family and the families of his soldiers to be slaves
6. David tried to do the right thing, and at every turn life knocked him down

C. How does one get back up after being knocked down by life?

I. DAVID GRIEVED OVER HIS FAMILY

A. Bad, unfair, and sadly tragic things happen to good people.

1. Satan delights in oppressing and testing good folks: Job, Daniel, David
2. The theological theory of retribution is false; that is, all good is reward and all evil is punishment.

B. David did not affix blame, although his men blamed him.

1. He led them against the Amalekites instead of letting them go home; he let Saul live, which forced them to remain in exile
2. David could have blamed Saul for their losses, but did not. Saul should have ended the Amalekite threat - 1Sam. 15:1. David was forced to live in exile among the Philistines because of Saul
3. He could have blamed God.

a. "After years of doing right I'm still a fugitive and Saul is still king."

b. "You promised that I'd be king, but I've lost everything hiding among heathens."

C. David was in charge of his reactions. He sorrowed and strengthened himself in the Lord. Grieving is natural and healthy; but, what does one do next?

II. DAVID ENCOURAGED HIMSELF IN THE LORD

A. Every soul needs encouragement. Often when one needs it the most, he is least likely to receive it.

1. When a mate leaves, others say we could have done something more
2. When children get into trouble, others say we should have disciplined them better

3. Encourage is from “chazaq, meaning - to recover, repair, retain, seize, strengthen oneself, be stout, be strong, be sure, take hold, be urgent, behave self valiantly, withstand” (Strongs)
- B. We cannot rely on others to encourage us
 1. Every Christian has the responsibility to be a source of encouragement to others - Gal. 6:2; Heb. 3:13
 2. But others may not be available or willing to encourage us; we cannot blame our fall on their failure to encourage
- C. The ability to encourage and strengthen self is a mark of maturity - Gal. 6:5
 1. David had sufficient faith that he was able to encourage himself.

III. DAVID FOUND ENCOURAGEMENT IN THE LORD

- A. Because David had developed and maintained a relationship with God in the past, he was able to be sustained by Him in the present
 1. The lion and the bear; Goliath, God’s deliverance of Israel from Egypt
 2. He knew what God was capable of doing in the present because he remembered what God had done in the past
- B. We serve the same God; we know more of God’s works than did David, including His work in our salvation
 1. Every Christian must develop and maintain a relationship with God.
 2. Heb. 13:5-8; Matt. 28:20; 1Cor. 10:13
 3. “But what of Stephen and the many martyrs who died?” - Rev. 2:10
 4. Faithfulness doesn’t always appear to be rewarded in this world
- C. No one except for God will care for your soul as much as you can.

IV. DAVID CALLED FOR A PRIEST

- A. Ephod was apron the priest wore when approaching God. It is a metonymy for the priest and his role as mediator between David and God (guns, blades, etc)
- B. It testified that he understood that God is in control
 1. Vengeance belong to God - Rom. 12:19
 2. God can give victory or can bring about defeat - Prov. 16:3
- C. David began humbly with prayer, and so should we - James 4:10
 1. Often when one needs prayer the most, he feels the least like praying
 2. When one is knocked down by hardship, he often forgets to pray.
 3. Discouraged people are more prone to doubt and as a result, weaken their prayers - James 1:6-8
 4. Or they use prayer as a last resort rather than a first resource
- D. David inquired about the will of God and then acted on it
 1. We have the complete will of God in written form; when we study it, we are doing ourselves a service, not God
- E. David was considerate of those who were weaker than he was.
 1. 200 of his men were too weak to finish the mission. Not all Christians are equal in strength - 1Thes. 5:14
 2. After you have strengthened yourself, strength others. The strong need to be patient and understanding, not judgmental and critical
 3. David insisted that they all receive an equal share.

Conclusion:

A. David teaches several lessons:

1. Bad things happen to good people.
2. When bad things happen it is okay to be distraught, but not to panic or lose control.
3. A godly person cannot follow a crowd to do evil, even if it appears just.
4. God has the ability to take care of those who trust Him.
5. We can encourage ourselves in the Lord.
6. God's provision never fails.
7. The resolution to our problems is not always in this present life.
8. Life in this world is the beginning, not the end of God's plans for us.
9. Fear of death or loss demonstrates a lack of faith.

B. We can encourage ourselves in the Lord - Jude 20-21