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## **Encourage Yourself When Times Get Rough** **I Sam. 30:1-6**

### **When you look at the text:**

- David and his men came to Ziklag. – Vs 1
- The Amalekites had attacked Ziklag and burned it. – Vs 1
- They had taken captive the women and all who were in it. – Vs 2
- They killed none of them but carried them off. – Vs 2
- His enemies had taken their women, children and everything else. – Vs 3
- They began to weep. – Vs 4
- David's two wives were taken captive. – Vs 5
- David was greatly distressed. – Vs 6
- The people rose up in anger against David. – Vs 6
- David encouraged himself in the Lord. – Vs 6

### **There are 3 "R's" to help you to encourage yourself when times get rough.**

#### **I. Reach for it**

- Phil 3:13-14 talks about reaching forth.
- Whatever it is that I am trying to seek ,do, reach for I have to learn to go for it.
- Don't waste the gifts that God has given you on stuff that really cannot impact and change somebody's eternity.
- Don't squander the opportunity that God has put before you.

#### **II. Remember it**

- Maybe you are under attack right now and you know it.
- Maybe the enemy has been trying to take you out or tear you down.
- The Devil has come after you with one affliction after the other. Psa. 34:19
- Remember like David in Psa. 23.
- Remember how God has made a way out of no way.

#### **III. Recover it**

- David talks to the Lord. – Vs 8
- The Lord responds to David. – Vs 8
- David and his men go to a brook call Besor where those that was left behind stayed. – Vs 9
- David and his men wander through the wilderness. – Vs 10
- They came upon an Egyptian boy who had been left to die and feed him.- Vs 11-12
- The boy began to tell. – Vs 13-14
- He took them where they were. – Vs. 15
- The enemies were having a party. – Vs. 16
- David and his men recovered all. – Vs. 18
- Everything that the enemy has stolen from you, you can get it back.
- Remind yourself that no matter what I am going through, Jesus has already been there.  
Heb. 4:15-16

**Learn to encourage yourself when times get rough.**