

**BACK ON TRACK**

(The Book of First Samuel) #18:

**“Pity Party!”**

*1 Samuel 16:1-5*

**“Even preachers fall prey  
to periodic pity parties!”**

*Ike Reighard*

**I. WHAT GETS US DOWN!**

*1 Samuel 16:1-2a*

**A. We See THAT Samuel  
Was Down**

*1 Samuel 16:1a*

**1 Samuel 16:1**

**ENGLISH: “mourn” =**

**HEBREW: “miṭ-’ab-bêl” =  
49 occurrences...**

**“caused to lament (1), grieve (1),  
grieved (1), lament (1), mourn (13),  
mourned (7), mourning (3), mourns  
(10), pretend to be a mourner (1),  
went into mourning (1)”**

**THE FIVE STAGES OF GRIEF:**

- DENIAL: “This can’t be happening to me!”
- ANGER: “Why is this happening? Who is to blame?”
- BARGAINING: “Make this NOT happen, and I will...”
- DEPRESSION: “I’m too sad to do anything!”
- ACCEPTANCE: “I am at peace with what happened!”

**A. We See THAT Samuel**

**Was Down**

*1 Samuel 16:1a*

**B. We See WHY Samuel**

**Was Down**

*1 Samuel 16:2*

**THREE REASONS SAMUEL WAS DOWN:**

1. He Was Very Likely Upset  
About Israel's Political Situation  
*1 Samuel 16:2*

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*1 Samuel 15:32-33*

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1. He Was Very Likely Upset  
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*1 Samuel 16:2*
2. He Was Very Likely Upset  
About Israel's Military Situation  
*1 Samuel 15:32-33*
3. He Was Very Likely Upset  
About Israel's Religious Situation  
*1 Samuel 8:1-5*

**Whenever We Keep Our  
Eyes On Our Problems  
Rather Than On Our  
PROBLEM SOLVER, We Will  
Likely Get Discouraged!**

**II. WHAT GETS US UP!**

*1 Samuel 16:2b-5*

**THREE CHALLENGES FROM GOD  
TO HELP SAMUEL GET BACK UP:**

- A. Samuel Must Start Making The Most Of His God-Given Opportunity  
*1 Samuel 16:1a*

**Ephesians 5:16**

**NIV: “opportunity” =**

**KJV: “time” =**

**GREEK: “kairos” =  
“opportunistic time”,  
as opposed to...**

**GREEK: “chronos” =  
“measured time”**

**“KAIROS” =**

**“the suitable time”,  
“the right moment”,  
“the favorable moment”**

**THREE CHALLENGES FROM GOD  
TO HELP SAMUEL GET BACK UP:**

- A. Samuel Must Start Making The Most Of His God-Given Opportunity  
*1 Samuel 16:1a*
- B. Samuel Must Start Making The Most Of His God-Given Authority  
*1 Samuel 16:1b*

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- A. Samuel Must Start Making The Most Of His God-Given Opportunity  
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- B. Samuel Must Start Making The Most Of His God-Given Authority  
*1 Samuel 16:1b*
- C. Samuel Must Start Making The Most Of His God-Given Responsibility  
*1 Samuel 16:1c*

**I. WHAT GETS US DOWN!**

***1 Samuel 16:1-2a***

**SORTS OF THINGS THAT GET US DOWN:**

1. Forgetting About God And Focusing  
Instead On Our Political Situation  
*1 Samuel 16:2*
2. Forgetting About God And Focusing  
Instead On Our Military Situation  
*1 Samuel 15:32-33*
3. Forgetting About God And Focusing  
Instead On Our Religious Situation  
*1 Samuel 8:1-5*

**II. WHAT GETS US UP!**

*1 Samuel 16:2b-5*

**THREE CHALLENGES FROM GOD  
TO HELP GET US BACK UP:**

- A. We Must Start Making The Most  
Of Our God-Given Opportunity  
*1 Samuel 16:1a*
- B. We Must Start Making The Most  
Of Our God-Given Authority  
*1 Samuel 16:1b*
- C. We Must Start Making The Most  
Of Our God-Given Responsibility  
*1 Samuel 16:1c*