

## Part 3

# ENCOURAGING YOURSELF

1 Samuel 30:3-8

3 When David and his men came to Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. 4 So David and his men wept aloud until they had no strength left to weep. 5 David's two wives had been captured- Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. 6 David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God. 7 Then David said to Abiathar the priest, the son of Ahimelech, "Bring me the ephod." Abiathar brought it to him, 8 and David inquired of the Lord, "Shall I pursue this raiding party? Will I overtake them?" "Pursue them," he answered. "You will certainly overtake them and succeed in the rescue."

Psalm 42:5

5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

### Message notes:

Take responsibility for your own spiritual \_\_\_\_\_.

Hurting people \_\_\_\_\_ people if they don't get their pain resolved properly.

You don't comfort someone by saying I've been through worse than you, you comfort them by saying "I can't \_\_\_\_\_ you're still standing."

If you don't believe the word you're sharing in your own life, then you're being a \_\_\_\_\_.

David strengthened himself in the Lord, but he also \_\_\_\_\_  
\_\_\_\_\_ for help.

Additional notes:

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**Discussion Questions:**

What is the danger of self-pity?

How can we take responsibility for our own spiritual health?

Why is it important to know that hurting people will lash out to hurt those who are trying to encourage them?

Why is it hypocritical to encourage others in things that you don't believe or have experienced yourself? How can you still encourage in those situations?

Why is it important to ask for help when you need it? Why do we keep our needs quiet?

What are some practical things that you can do to encourage yourself when needed?

**Ministry Time Questions:**

Have you sat through group without asking for prayer when you needed it?

Have you recently been hurt by someone that you were trying to encourage?