

## What to Do in Your Lowest Moments

### 1 Samuel 29-30

#### Introduction

#### David and his men arrive at Ziklag

*1 Samuel 30:1-8*

#### *Amalekites*

*Exodus 17:8-16; Deuteronomy 25:17-19*

#### *What is an ephod?*

#### Responding to crises

1. David strengthened (encouraged) himself in the LORD.

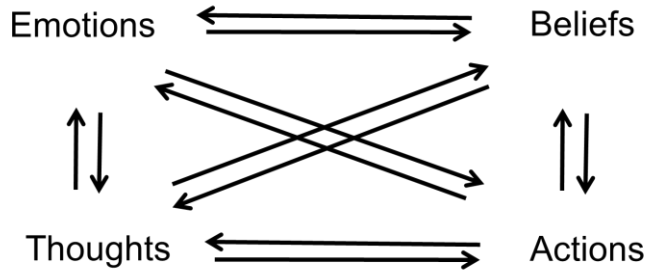
*Joshua 1:8-9* This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.

*James 3:4-5a* A ship is very big, and it is pushed by strong winds. But a very small rudder controls that big ship, making it go wherever the pilot wants. It is the same with the tongue.

*Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? - D. Martyn Lloyd-Jones*

*“Jesus, I trust you. “*

*“God is with me. God is helping me. God is guiding me.”*



2. David inquired of the LORD.

3. David moved into action.

***1 Samuel 30:9-10; 16-20***

4. David established a precedent for his army.

***1 Samuel 30:21-26***

### **Application for our lives today**

- Daily affirmations. Email Curtis Swisher [cnswisher@brazoriainet.com] to receive a copy of his favorite affirmations for Monday-Sunday.
- Cultivate trust in the Lord in every circumstance by saying, "Jesus, I trust You."
- When you have negative (unpleasant) emotions, it's a signal to take action.

### **Questions for life groups**

1. What crises has God brought you through?
2. On a scale of 0-10, how anxious were you during the crisis?
3. What did you do? What could you have done differently?
4. Who have you told (testified to) about what God did to bring you through the crisis?