

# **Strength Training**

## **1 Samuel 30:1-6**

### **Introduction**

#### **I. The Setting (1-6a)**

#### **II. The Strengthening (6b)**

A. The Person

B. The Past

C. The Promises (1 Sam 23:16)

D. The Prayer (1 Sam 30:7-8)

E. The Providence (1 Sam 30:9-15)

### **Conclusion**

