



SUNDAY MORNING

AT BETHANY BAPTIST CHURCH

Title: God is Able to Encourage

Passage: 1 Samuel 30:1-8

Speaker: Bro. Larry Chappell

Introduction:

"We shall go on to the end...whatever the cost may be. We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender." - Winston Churchill

"Never give in—never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honour and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy." - Winston Churchill

"Fits of depression come over the most of us. Usually cheerful as we may be, we must at intervals be cast down. The strong are not always vigorous, the wise not always ready, the brave not always courageous, and the joyous not always happy." C.H. Spurgeon

When we hear about famous people battling discouragement, it can be surprising, yet even David, the giant killer and man after God's own heart, walked through deep valleys. While the word depression is not in Scripture, the experience is, seen in words like despair and heaviness, all familiar to David. But there is good news, God is able to encourage. So the question is this, what do you do when your heart is discouraged?

I. Recognize the Danger in Discouragement (Verses 1-5)

"The sorrows of death compassed me, and the floods of ungodly men made me afraid. The sorrows of hell compassed me about: the snares of death prevented me." (Psalm 18:4-5)

4 Causes of Discouragement:



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1. Fatigue
2. Frustration
3. Failure
4. Fear

“There are three simplistic extremes that we should avoid when considering the cause of depression: first, that it is all physical; second, that it is all spiritual; third, that it is all mental.” — Dr. David Murray

Emotions of sadness, sorrow, aren't wrong. Discouragement itself isn't a sin. But there is a place where discouragement can turn to self-pity and prevent us from doing the things we should be doing.

A. David Lost Perspective

Be careful of repeating lies to your heart; you'll start to believe them.

B. David Left His People

When we feel discouraged, we want comfort, which is right to feel. But the comforts we often turn to are ways to avoid our fears rather than face them.

“Like David, the Christian often finds himself in the wrong camp, going along with the wrong company. He has lowered the standard, and he excuses himself by saying that you must be as like the world as possible; you must imitate ungodly people” – Allen Redpath

The worst thing you can do in the midst of discouragement is drift away from God's people and into unhealthy relationships.

C. David Lacked Trust in God

When Life Unravels, Remember:

1. God's silence is not absence.

*“God is our refuge and strength, a very present help in trouble.”
(Psalm 46:1)*

2. Compromise complicates crisis.

“Good understanding giveth favour: but the way of transgressors is hard.” (Proverbs 13:15)

3. Chastening is loving correction.

“For they verily for a few days chastened us after their own pleasure; but he for our profit, that we might be partakers of his holiness.” (Hebrews 12:10)



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4. God often begins at rock bottom.

*"I waited patiently for the Lord; and he inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings."
(Psalm 40:1-2)*

II. Run to God for Strength (Verse 6)

Problems flow towards leaders. Hurting people hurt people.

- A. Encouragement Cannot Be Self-produced

"Not that we are sufficient of ourselves to think anything as of ourselves; but our sufficiency is of God;" (2 Corinthians 3:5)

- B. God Encourages Those Who Draw Near to Him

"Some of the best talks in the world are those which a man has with himself. He who speaks to everybody except himself is a great fool." — C.H. Spurgeon

"Why art thou cast down, O my soul? and why art thou disquieted within me? Hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God." (Psalm 42:11)

How to Find Courage Again:

1. Look Back – Dwell on His Faithfulness
2. Look Ahead – Count on His Promises
3. Look Up – Rest in His Goodness

"This I recall to my mind, therefore have I hope." (Lamentation 3:21)

"Here in our story is a man reduced to an appalling plight because he has compromised. But it is thrilling to know that no matter how far that man has gone, the blood of his redemption goes further." — Alan Redpath

4. Link Arms – Encourage One Another

"And they helped David against the band of the rovers: for they were all mighty men of valour, and were captains in the host. For at that time day by day there came to David to help him, until it was a great host, like the host of God." (1 Chronicles 12:21-22)

III. Realign Your Heart in Obedience (Verses 7-8)

- A. Seek God's Will in Prayer

"All failures are prayer failures." — John R. Rice



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B. Step Out in Obedience

"God always gives us the strength we need to obey." — Warren Wiersbe

"How grand he is amid the ruins! He rises to his full height, while his fortunes fall! ... He is no longer in bondage to craft, but he is a man again, strong in the strength of God; for he casts himself away from all earthly trusts, and encourages himself in the Lord." — C. H. Spurgeon

"He that observeth the wind shall not sow; and he that regardeth the clouds shall not reap." (Ecclesiastes 11:4)

C. Trust God in the Moment

"Worrying does not empty tomorrow of its troubles; it empties today of its strength." — Corrie Ten Boom

"Commit thy way unto the Lord; trust also in him; and he shall bring it to pass." (Psalm 37:5)

Conclusion: Discouragement is real, and the danger is just as real, but it does not have to define you. When everything around David fell apart and even those closest to him turned against him, he made a choice to run to God for strength, to realign his heart, and to move forward in obedience. The same is true for us. You may feel overwhelmed, weary, or uncertain, but God is still present, still faithful, and still able to encourage. When your heart is discouraged, do not stay there, draw near to Him, remember His faithfulness, seek His will, and trust Him step by step. God is able not only to lift you out of discouragement, but to restore what feels lost and lead you forward with strength and hope.

