



Beyond the Sermon

A Sermon Application Guide

Title: Get It All Back

This guide offers a simple tool for those wanting to take the next step with Sunday's message. You can print it to study on your own or use it in a group to experience transformation together.

Message Theme

What To Do On The Worst Day Of Your Life

Prayer Focus

"Father, I come before You with an open heart. On every hill and in every hardship, You are my strength. Speak to me today, steady my mind, and soften my heart. Remind me of Your faithfulness, Your nearness, and Your victory. Lead me away from fear, bitterness, and distraction, and draw me into Your truth. I receive Your peace, Your correction, and Your courage. Help me to stand firm, to trust You deeply, and to walk in the victory You've already given me. In Jesus name, Amen."

Key Truths

Hardships are guaranteed in this life—from the day we're born until the day we die. Trouble isn't a sign that something is wrong with us; it's part of living in a fallen world. Anything worthwhile will feel uphill. Scripture tells us to actively stand against the enemy, because he targets the people who ignore him and unknowingly cooperate with him. When we sin, God does not love us less—but our love for Him grows dull. Sin hardens our heart, but God never turns away. His call is always the same: walk in victory.

David's life shows us how to respond when everything falls apart. In 1 Samuel 30, he faces the worst day of his life - his family is taken, his men turn on him, and hope seems gone. Yet David chooses to look to God. Within a week, he recovers everything and is anointed King of Judah. The worst day became the doorway to the best day.

Practical Application

How do you handle *"the worst day of my life"*?

Don't let feelings lead your life.

Faith doesn't erase feelings, but feelings must not determine your direction. Storms will come, but you can still operate in victory. Your deepest thoughts should point toward God and His promises. If your mind constantly paints the worst-case scenario, peace will disappear. Keep your mind anchored in the Lord.

Close any doors opened by sin.

Sin creates openings the enemy loves to use. Repentance closes those doors instantly. God waits with open arms, not crossed arms. When David sinned, he didn't hide—he reached for God, acknowledged his failure, and asked for forgiveness. That posture restored him.

Refuse bitterness.

In trouble, our first instinct is often to blame someone—or blame God. But running from God never heals pain; pressing into Him does. Bitterness makes us react from the flesh and miss God's will. Remember: our battle is not with flesh and blood.

The world operates on repayment—"you hurt me, I hurt you." God's system is different: when we act without expecting anything in return, He becomes our rewarder. Looking to God keeps us from disappointment. Bitterness never stays contained; it spreads and spoils everyone around us.

Reference Verses

- Job 5:7, 9:22-24
- Matthew 11:12, 7:24-26
- 1 Peter 5:8-9
- 2 Timothy 4:7
- Romans 5:2
- Hebrews 4:2, 3:13, 12:15
- 1 John 5:4
- 1 Samuel 30:1-8, 30:16-20
- Proverbs 24:10
- Acts 20:19
- Isaiah 26:3
- Ephesians 6:12, 6:8
- Psalms 107:17-20, 51:1-10
- James 1:20
- Exodus 17:4

Declarations

Life is released when your words are in agreement with God. Intentionally speaking life and biblical truth out loud is extremely powerful. In fact, you have that very life in the power of your tongue. These words below, when spoken out loud, will cause an acceleration of the reality of God's words in your life. We encourage you to speak the following with an expectancy to renew your mind and see God's fullness.

- "I declare that no matter what comes against me, I stand in the victory Jesus purchased for me."
- "I declare that God is my strength, my shelter, and my defender in every storm."
- "I declare that my emotions do not determine my destiny; God's Word does."

What's Next?

Now it's time to put what you've learned into action. Here are three ways you can apply this message to your daily life:

1 - Don't Let Your Emotions Drive the Wheel

When something hits hard this week — a setback, bad news, conflict — allow yourself to feel it, but set a boundary on how long you let it steer your decisions. Follow Jesus' words in John 14:1, "let not your heart be troubled," and keep your deepest thoughts fixed on him, as Isaiah 26:3 promises: "You will keep him in perfect peace, whose mind is stayed on you." Before reacting to whatever goes wrong this week, pause and ask, "Am I about to make this decision out of grief or anger?" If so, wait until you've strengthened yourself in the Lord first, the way David did in 1 Samuel 30:6.

2 - Refuse to Play the Blame Game

This week, when things go wrong, resist the pull to blame people — your spouse, a coworker, even yourself in a condemning way. Remember Ephesians 6:12: "we do not wrestle against flesh and blood." When frustration rises toward someone, stop and pray instead of accusing. If you sense you've opened a door to the enemy through sin, don't spiral into condemnation — run to God the way David did in Psalm 51, asking him to "wash me thoroughly" and "cleanse me," trusting his conviction (which draws you back) rather than the enemy's condemnation (which pushes you away).

3 - Look to God, Not People, to Repay You

This week, do at least one good thing — help someone, give, serve — without expecting recognition or repayment from the person you helped. Instead, rest in Galatians 6:8 and Hebrews 11:6, believing that God himself is your rewarder. If you find yourself feeling disappointed or bitter that someone didn't appreciate or repay your kindness, consciously redirect that expectation to God in prayer, asking him to settle what people didn't.