
STRENGTH
IN GRIEF

1 Samuel 30:1-25

Now when David and his men came to Ziklag on the third day, the Amalekites had made a raid against the Negeb and against Ziklag. They had overcome Ziklag and burned it with fire ² and taken captive the women and all who were in it, both small and great. They killed no one, but carried them off and went their way. ³ And when David and his men came to the city, they found it burned with fire, and their wives and sons and daughters taken captive. ⁴ Then David and the people who were with him raised their voices and **wept until they had no more strength to weep...**

5 David's two wives also had been taken captive, Ahinoam of Jezreel and Abigail the widow of Nabal of Carmel.

6 And David was **greatly distressed**, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters.

But David strengthened himself in the Lord his God.

7 And David said to Abiathar the priest, the son of Ahimelech, "Bring me the ephod." So Abiathar brought the ephod to David. 8 And David inquired of the Lord, "Shall I pursue after this band? Shall I overtake them?"

He answered him, "Pursue, for you shall surely overtake and shall surely rescue." 9 So David set out, and the six hundred men who were with him, and they came to the brook Besor, where those who were left behind stayed. 10 But David pursued, he and four hundred men. Two hundred stayed behind, who were too **exhausted** to cross the brook Besor. 11 They found an Egyptian in the open country and brought him to David. And they gave him bread and he ate. They gave him water to drink, 12 and they gave him a piece of a cake of figs and two clusters of raisins. And when he had eaten, his spirit revived, for he had not eaten bread or drunk water for three days and three nights.

13 And David said to him, "To whom do you belong? And where are you from?" He said, "I am a young man of Egypt, servant to an Amalekite, and my master left me behind because I fell sick three days ago. 14 We had made a raid against the Negeb of the Cherethites and against that which belongs to Judah and against the Negeb of Caleb, and we burned Ziklag with fire." 15 And David said to him, "Will you take me down to this band?" And he said, "Swear to me by God that you will not kill me or deliver me into the hands of my master, and I will take you down to this band."

16 And when he had taken him down, behold, they were spread abroad over all the land, eating and drinking and dancing, because of all the great spoil they had taken from the land of the Philistines and from the land of Judah.

17 And David struck them down from twilight until the evening of the next day, and not a man of them escaped, except four hundred young men, who mounted camels and fled. 18 David recovered all that the Amalekites had taken, and David rescued his two wives. 19 Nothing was missing, whether small or great, sons or daughters, spoil or anything that had been taken. David brought back all...

20 David also captured all the flocks and herds, and the people drove the livestock before him, and said, **“This is David's spoil.”** 21 Then David came to the two hundred men who had been too exhausted to follow David, and who had been left at the brook Besor. And they went out to meet David and to meet the people who were with him. And when David came near to the people he greeted them. 22 Then all the **wicked** and **worthless** fellows among the men who had gone with David said, “Because they did not go with us, we will not give them any of the spoil that we have recovered, except that each man may lead away his wife and children, and depart.”

23 But David said, "You shall not do so, my brothers, with **what the Lord has given us**. He has preserved us and given into our hand the band that came against us. 24 Who would listen to you in this matter? For as his share is who goes down into the battle, so shall his share be who stays by the baggage. They shall share alike."

25 And he made it a statute and a rule for Israel from that day forward to this day.

The description of them weeping aloud until they had no strength left to weep **gives a realistic picture of exhausted and emotionally distraught people.**

According to Amazon, the most highlighted passage in all books read on Kindle (as of November 2014)—highlighted almost twice as often as any other passage—is from the second volume of The Hunger Games:

“Because sometimes things happen to people and they're not equipped to deal with them.”

Where do we find strength?

**1. Lord, Help us to turn to You
in times of difficulty**

1 Samuel 28:3-7

Now Samuel had died, and all Israel had mourned for him and buried him in Ramah, his own city. And Saul had put the mediums and the necromancers out of the land.

4 The Philistines assembled and came and encamped at Shunem. And Saul gathered all Israel, and they encamped at Gilboa. 5 When Saul saw the army of the Philistines, he was afraid, and his heart trembled greatly. 6 And when Saul inquired of the Lord, the Lord did not answer him, either by dreams, or by Urim, or by prophets. 7 Then Saul said to his servants, "Seek out for me a woman who is a medium, that I may go to her and inquire of her." And his servants said to him, "Behold, there is a medium at Endor."

1 Samuel 27:1-4

Then David said in his heart, "Now I shall perish one day by the hand of Saul. There is nothing better for me than that I should escape to the land of the Philistines. Then Saul will despair of seeking me any longer within the borders of Israel, and I shall escape out of his hand." 2 So David arose and went over, he and the six hundred men who were with him, to Achish the son of Maoch, king of Gath. 3 And David lived with Achish at Gath, he and his men, every man with his household, and David with his two wives, Ahinoam of Jezreel, and Abigail of Carmel, Nabal's widow. 4 And when it was told Saul that David had fled to Gath, he no longer sought him.

Psalm 46:1

God is our refuge and strength, a very present help
in trouble.

Worshiping God for who He is

Psalm 16:8-9

8 I have set the Lord always before me;

because he is at my right hand, I shall not be shaken.

9 Therefore my heart is glad, and my whole being rejoices;
my flesh also dwells secure.

Psalm 68:35

Awesome is God from his sanctuary; the God of Israel—
he is the one who gives power and strength to his people.
Blessed be God!

Acts 16:25-26

The Philippian Jailer Converted

[25] About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, [26] and suddenly there was a great earthquake, so that the foundations of the prison were shaken.

And immediately all the doors were opened, and everyone's bonds were unfastened.

Jonah 2:7-10

[7] When my life was fainting away, I remembered the LORD, and my prayer came to you, into your holy temple.

[8] Those who pay regard to vain idols forsake their hope of steadfast love.

[9] But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay.

Salvation belongs to the LORD!"

[10] And the LORD spoke to the fish, and it vomited Jonah out upon the dry land.

Reminding ourselves
of the promises of God!

1 Samuel 23: 15

David saw that Saul had come out to seek his life.

David was in the wilderness of Ziph at Horesh.

16 And Jonathan, Saul's son, rose and went to David at Horesh, and strengthened his hand in God. 17 And he said to him, "Do not fear, for the hand of Saul my father shall not find you. You shall be king over Israel, and I shall be next to you. Saul my father also knows this."

Suffering

Romans 8:18

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.

Sin

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Tragedy

Revelation 21:1-5

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. 2 And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. 3 And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people,

and God himself will be with them as their God.

4 He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." 5 And he who was seated on the throne said, "Behold, I am making all things new." Also he said, "Write this down, for these words are trustworthy and true."

Committing ourselves to His Word & Prayer

Psalm 118:28

My soul melts away for sorrow;
strengthen me according to your word!

1 John 2:14

I write to you, fathers, because you know him who is from the beginning. I write to you, young men, **because you are strong, and the word of God abides in you**, and you have overcome the evil one.

Psalm 138

1 I give you thanks, O Lord, with all my heart;

I will sing your praises before the gods.

2 I bow before your holy Temple as I worship.

I praise your name for your unfailing love and
faithfulness;

for your promises are backed

by all the honor of your name.

3 As soon as I pray, you answer me;

you encourage me by giving me strength.

1 Timothy 2:8

I desire then that in every place the men should pray, lifting holy hands without anger or quarreling.

Ephesians 1:16-21

“...may give you the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened... what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion...

Ephesians 6:10-18

Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness,

15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication.

**2. Lord, Let us know your strength
in the middle of our weakness!**

2 Corinthians 12:9-10

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 10 For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

Philippians 4:12-13

I know how to be brought low, and I know how to abound.
In any and every circumstance, I have learned the secret
of facing plenty and hunger, abundance and need.
13 I can do all things through him who strengthens me.

**3. Lord, Let us have hearts that are
overwhelmed by the grace
we have received!**

Hebrews 4:15-16

15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

16 Let us then with confidence **draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.**

1 Corinthians 4:6

What do you have that you did not receive? If then you received it, why do you boast as if you did not receive it?

1 Samuel 30: 22-23

Then all the **wicked** and **worthless** fellows among the men who had gone with David said, "Because they did not go with us, we will not give them any of the spoil that we have recovered, except that each man may lead away his wife and children, and depart. 23 But David said, "You shall not do so, my brothers, with **what the Lord has given us. He has preserved us and given into our hand** the band that came against us.

2 Corinthians 1:3-7

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. 5 For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.

6 If we are afflicted, it is for your comfort and salvation;

and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. 7 Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort.

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**Mine are days that God has numbered
I was made to walk with Him
Yet I look for worldly treasure
And forsake the King of kings**

**But mine is hope in my Redeemer
Though I fall His love is sure
For Christ has paid for every failing
I am His forevermore**

**Mine are tears in times of sorrow
Darkness not yet understood
Through the valley I must travel
Where I see no earthly good**

**But mine is peace that flows from heaven
And the strength in times of need
I know my pain will not be wasted
Christ completes His work in me**

**Mine are days here as a stranger
Pilgrim on a narrow way
One with Christ I will encounter
Harm and hatred for His name**

**But mine is armor for this battle
Strong enough to last the war
And He has said He will deliver
Safely to the golden shore**

**And mine are keys to Zion city
Where beside the King I walk
For there my heart has found its treasure
Christ is mine forevermore**

**Come rejoice now O my soul
For His love is my reward
Fear is gone and hope is sure
Christ is mine forevermore**

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