

A photograph of a baby sitting on a sandy beach, looking out at the ocean. The baby is wearing a blue and white striped shirt and a straw hat. The background shows the ocean and a clear sky.


after God's heart

4 | David Strengthens Himself

A photograph of a baby sitting on a sandy beach, looking out at the ocean. The baby is wearing a blue and white striped shirt and a straw hat. The ocean is a light blue color, and the sky is a pale blue. The baby is sitting on the sand, which has some footprints. The baby is looking towards the right side of the frame.

"The Lord has sought out a man after his own heart."

- 1 Samuel 13:14

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" People look at the outward appearance, but the Lord looks at the heart. "

- 1 Samuel 16:7



DAVID'S JOURNEY



A baby wearing a straw hat and a blue and white striped shirt is sitting on a sandy beach, looking out at the ocean under a clear blue sky.

PSALM 13:1-6

¹ How long, Lord? Will you forget me forever? How long will you hide your face from me? ² How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?

³ Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, ⁴ and my enemy will say, "I have overcome him," and my foes will rejoice when I fall.

⁵ But I trust in your unfailing love; my heart rejoices in your salvation. ⁶ I will sing the Lord's praise, for he has been good to me.

PSALM 22:1-5



*¹ My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish?
² My God, I cry out by day, but you do not answer, by night, but I find no rest.*

³ Yet you are enthroned as the Holy One; you are the one Israel praises. ⁴ In you our ancestors put their trust; they trusted and you delivered them. ⁵ To you they cried out and were saved; in you they trusted and were not put to shame.





1 SAMUEL 30


¹ 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.



1 SAMUEL 30

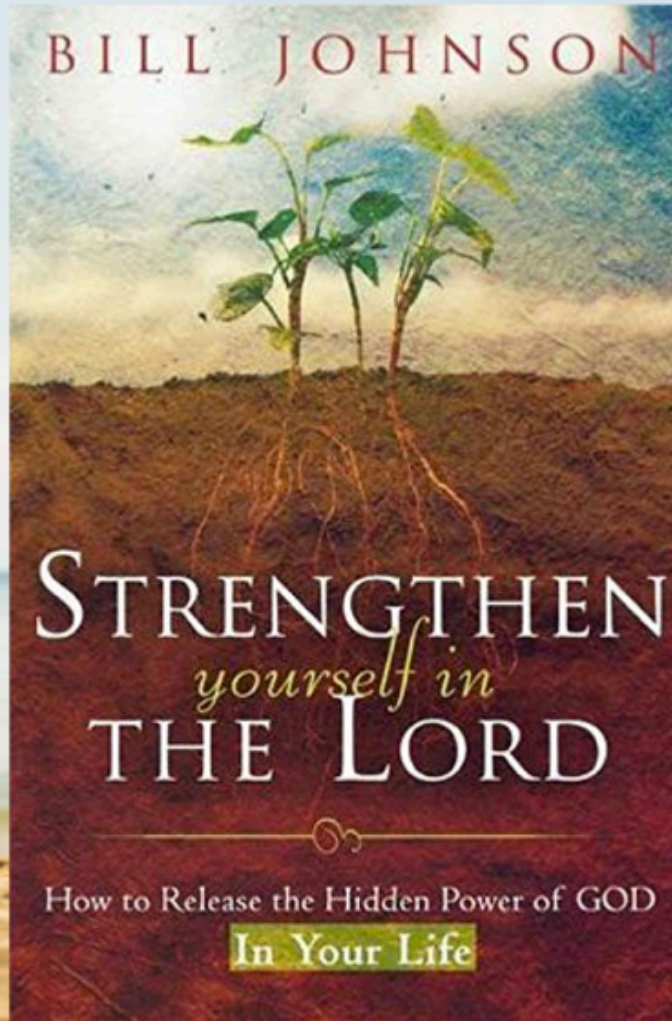
⁴ Then David and the people who were with him raised their voices and wept until they had no more strength to weep. ⁵ David's two wives also had been taken captive, Ahinoam of Jezreel and Abigail the widow of Nabal of Carmel. ⁶ And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters.



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Pain makes it difficult to trust God and to give him our hearts.

- we blame God
- our hearts grow hard/cold
- we take matters into our own hands



" But David strengthened himself in the Lord his God. "

- 1 Samuel 30:6

THE GOOD NEWS (GOSPEL): the kingdom of God has come near

Mark 1.15

1 SAMUEL 30

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.



1 SAMUEL 31

³ The fighting grew fierce around Saul, and when the archers overtook him, they wounded him critically. ⁴ Saul said to his armor-bearer, "Draw your sword and run me through, or these uncircumcised fellows will come and run me through and abuse me." But his armor-bearer was terrified and would not do it; so Saul took his own sword and fell on it.



DAVID'S JOURNEY





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Strengthening Myself in the Lord

*Are there ways in which I need to find strength in the Lord
right now?*

*Has my heart grown hard or cold because of past
disappointments or pain?*

*How can I keep cultivating a heart that finds strength
in the Lord?*