

**Strengthening yourself in the Lord.**

# Summary of David's life

Youngest of 8 sons

- 12-15 years old - Anointed to be king by Samuel
- 15 years old - Kills Goliath
- 15-22 years old – Part of David's court. Military leader.
- 22 years old – Saul tries to Kill him
- 22- 30 years old. On the run from Saul.
- 30 years old – Ziklag is raided.

# 1 Samuel 30

David and his men reached Ziklag on the third day. Now the Amalekites had raided the Negev and Ziklag. They had attacked Ziklag and burned it, <sup>2</sup> and had taken captive the women and everyone else in it, both young and old. They killed none of them, but carried them off as they went on their way.

<sup>3</sup> When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive.

# 1 Samuel 30

David and his men wept aloud until they had no strength left to weep.<sup>5</sup> David's two wives had been captured – Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. <sup>6</sup> David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. **But David found strength in the LORD his God.**

# Revelation 5.10

“For You were slain,  
And have redeemed us to God by Your blood  
Out of every tribe and tongue and people and nation,  
**And have made us kings and priests to our God;**  
**And we shall reign on the earth.**

“David’s life shows us that the ability to strengthen and minister to ourselves is a vital skill that we must learn if we are going to develop the character to fulfill our potential as kings and priests. **It is impossible for anyone to reach his ultimate destiny in life without learning to minister to himself.**”

Bill Johnson: Strengthen yourself in the Lord.

# **The Big Picture.**

Each of us has our own gifting and calling

BUT

There

is one overriding calling:

**the establishment of the Kingdom “on earth as it is in Heaven.”**

**How do we strengthen ourselves in God?**



## **Guard your heart.**

“Watch over your heart with all diligence, for from it flow the springs of life” (Prov. 4:23 NASB).

**Guard your heart.**

Learn who God is.

Learn who you are.

**Line up your thoughts and actions according to who  
God is and who you are.**

## Psalm 34

I will extol the LORD at all times;  
his praise will always be on my lips.

<sup>2</sup> I will glory in the LORD;  
let the afflicted hear and rejoice.

<sup>3</sup> Glorify the LORD with me;  
let us exalt his name together.

<sup>4</sup> I sought the LORD, and he answered me;  
he delivered me from all my fears.

## Psalm 34

- <sup>5</sup> Those who look to him are radiant;  
their faces are never covered with shame.
- <sup>6</sup> This poor man called, and the LORD heard him;  
he saved him out of all his troubles.
- <sup>7</sup> The angel of the LORD encamps around those who fear  
him,  
and he delivers them.
- <sup>8</sup> Taste and see that the LORD is good;  
blessed is the one who takes refuge in him.

**Learn who God is.**

Give your life to Jesus and be filled with the Holy Spirit.

Read, meditate and interact with the Bible and Holy Spirit.

Pray and see God do amazing things.

# What does the Bible say about who God is?

the LORD is compassionate and gracious,  
slow to anger, abounding in love. Ps 103.8

A father to the fatherless, a defender of widows,  
is God in his holy dwelling.

<sup>6</sup> God sets the lonely in families, Ps 65.5

# What does the Bible say about who God is?

He rules the world in righteousness  
and judges the peoples with equity.

<sup>9</sup> The LORD is a refuge for the oppressed,  
a stronghold in times of trouble.

<sup>10</sup> Those who know your name trust in you,  
for you, LORD, have never forsaken those who seek  
you

**Guard your heart.**

**Choose to focus on what God is doing, not on what he is not doing.**

**Do not take offense at God.**



# **Thanksgiving – Practicing the gratitude attitude.**

1 Thessalonians 5.16-18 Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

# Thanksgiving

Psalm 100:4 says that we “enter into His gates with thanksgiving.”

“Thanksgiving brings us into the manifest presence to God and connects us with what He is doing and saying in the midst of our circumstances.” Bill Johnson.

Worship

## **Praying in tongues.**

1 Cor 14.4 Those who speak in a tongue build up themselves

Romans 8.26 <sup>26</sup> In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

Romans 8.27 ...the Spirit intercedes for God's people in accordance with the will of God.

# Remembering what God has done : Guarding testimonies

In your life

In history, especially the Bible

In the lives of friends and other Christians.

# Remembering what God has done : Guarding testimonies

“...you should study the testimonies of Scripture and collect the testimonies of both historical saints and the saints around you so you can meditate on them.

Meditation on the testimonies trains your mind to think from the realm of faith.” Bill Johnson.

.

# **Learn who you are**

What does God say about you?

In the Bible.

Prophetic words over you.

# What does God say about you in His word?

Colossians 1.13 For he has rescued me from the dominion of darkness and brought me into the kingdom of the Son he loves.

Philippians 1.6 He who began a good work in me will carry it on to completion until the day of Christ Jesus.

2 Cor 1.21-22 Now it is God who make both me and you stand firm in Christ. He anointed me, set his seal of ownership on me, and put his Spirit in my heart as a deposit, guaranteeing what is to come.



# What does God say about you in His word?

Ephesians 2.10 I am God's workmanship – handcrafted by him.

Eph 1.4 God chose me in him before the creation of the world to be Holy and blameless in his sight.

Eph 1. I am adopted as his daughter or son- God chose this because of his love and it gave him great pleasure

Eph 1 I am forgiven

**Keep and Guard what God has said about you  
through prophetic words.**

**Prayer – will be a natural overflow of many of the previous activities.**

# Boundaries

# **Strengthening yourself in the Lord.**

Guard your heart.

Don't take offense at God.

Thanksgiving

Praying in tongues

Guarding testimony.

What does the Bible say about me?

Keep and Guard what God has said about you through prophetic words

# **Psalms – Examples of David and others putting many of these principals in to practice.**

Psalm 103

Psalm 34.

Psalm 40

Psalm 62

Psalm 145

**“Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go**

Joshua 1:9