

**WHAT ANXIETY DOES TO YOU**

1. Anxiety causes you to jump to conclusions
2. Anxiety literally makes everything stink
3. Anxiety will wear you out

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.

**1 Samuel 30:6 (NIV)**

...but David encouraged himself in the Lord his God. **1 Samuel 30:6 (KJV)**

**HOW DO YOU ENCOURAGE YOURSELF IN THE LORD?**

**1. GET GOD'S PERSPECTIVE ON YOUR PROBLEM**

Then David said to Abiathar the priest, the son of Ahimelek, "Bring me the ephod." Abiathar brought it to him, and David inquired of the Lord, "Shall I pursue this raiding party? Will I overtake them?" "Pursue them," he answered. "You will certainly overtake them and succeed in the rescue." **1 Samuel 30:7-8 (NIV)**

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? **Matthew 6:25-27 (NIV)**

Cast all your anxiety on him because he cares for you. **1 Peter 5:7 (NIV)**

**2. ENLIST A TEAM TO HELP YOU**

David and the six hundred men with him came to the Besor Valley, where some stayed behind. Two hundred of them were too exhausted to cross the valley, but David and the other four hundred continued the pursuit. **1 Samuel 30:9-10 (NIV)**

• **WHO DO YOU NEED?**

1. God
2. Tour guide

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. **2 Corinthians 1:3-4 (NIV)**

3. Sherpa
4. Counselor
5. Doctor

**3. LOOK FOR SIGNS THAT BUILD YOUR FAITH**

They found an Egyptian in a field and brought him to David. They gave him water to drink and food to eat— **1 Samuel 30:11 (NIV)**

**4. BE PREPARED TO FIGHT HARD TO TAKE BACK WHAT WAS STOLEN**

David fought them from dusk until the evening of the next day, and none of them got away, except four hundred young men who rode off on camels and fled.

**1 Samuel 30:17 (NIV)**

• **Get a battle plan and stay with it**

1. Start exercising again
2. Refuse to let anxiety rule you

• Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **Philippians 4:6 (NIV)**

3. Receive God's peace

• And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:7 (NIV)**

4. Go to war with your thoughts

• Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **Philippians 4:8 (NIV)**

**5. NEVER QUIT HOPING FOR A BETTER FUTURE**

David recovered everything the Amalekites had taken, including his two wives. Nothing was missing: young or old, boy or girl, plunder or anything else they had taken. David brought everything back. **1 Samuel 30:18-19 (NIV)**

For you have been my hope, Sovereign Lord, my confidence since my youth. From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you. **Psalms 71:5-6 (NIV)**

As for me, I will always have hope; I will praise you more and more. **Psalms 71:14 (NIV)**

**THIS WEEK'S READING:** JUN 21: MARK 5:21-43; 2 SAM. 14; DAN. 8  
 JUN 18: MARK 4:1-20; 2 SAM. 9-10; DAN. 5 JUN 22: MARK 6:1-29; 2 SAM. 15; DAN. 9  
 JUN 19: MARK 4:21-41; 2 SAM. 11-12; DAN. 6 JUN 23: MARK 6:30-56; 2 SAM. 16; DAN. 10:1-21  
 JUN 20: MARK 5:1-20; 2 SAM. 13; DAN. 7 JUN 24: MARK 7:1-13; 2 SAM. 17; DAN. 11:1-19

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