

1 Samuel 30:
"Defeating Depression
by Directing Disappointment"
Disappointment"

Sun Night
8-4-2024
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1. Introduction

a. David & his group of warriors
given city of Ziklag by Philistine
ruler

- Achish king of ~~Gath~~^{Gath} (1 Sam 27:2)

b. In final battle between King
Saul & Philistines

- Philistines did not allow David
to fight in battle (1 Sam 29:4,7)

c. When David & his 600 men returned
to Ziklag

- they found city burned with
fire

- all their families taken captive

d. Central verse: But David
strengthened himself in the
Lord (1 Sam 30:6)

2. Times of Disappointment

a. Definition of depression:
constant state of being able
to move on from unfulfilled
expectation

b. Progression into depression

- doubt - little hope

discouragement - losing hope

- despair - lack of hope

- losing hope

2c. Disappointments from 3 sources

- from others Num 11:11-14
Moses burdened over Israel
- from ourselves Lk 22:33-34
Peter denies Jesus Lk 22:55-62
- about God Mt 11:2-3
John the Baptist full of doubts
* Are you He who should come?
* Or do I look for another?

3. Three Step Process

a. Focus back on God (Heb 12:2)

- David strengthened himself in the Lord

b. Faith back in God's Word

- David seeks direction from God (1 Sam 30:7-8a)
- God answers David (1 Sam 30:8b)
* Pastor Shetter's life verse
* Is 41:7 Do not be afraid; I am with you... I am your God. I will strengthen you

c. Put your foot back on God's path

- Is 30:21 This is the way. Walk in it