Strength In Adversity
1 Samuel 30:1-6

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, 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. When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. So David and his men wept aloud until they had no strength left to weep. David’s two wives had been captured—Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. 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. ADVERSITY IS:
   - A. Universal
   - B. Unpredictable
   - C. Recurring
   - D. Temporary

2. REACTIONS TO ADVERSITY:
   - A. Brain Scatter
   - B. Anger and Depression
   - C. Loss of Confidence
   - D. Rash Decisions
   - E. Placing blame
   - F. Estrangement
   - G. Negative Spirit
   - H. Spiritual Drift

3. HOW TO STRENGTHEN YOURSELF:

A. LOOK BACK!

Is. 51:1 (NASB) Listen to me, you who pursue righteousness, Who seek the LORD: Look to the rock from which you were hewn And to the quarry from which you were dug.

B. LOOK WITHIN!

Psalm 42:11(NASB) Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him.

C. LOOK UP!

Ps. 103:19 (NIV) The LORD has established his throne in heaven, and his kingdom rules over all.

D. LOOK AHEAD!

Jer. 29:11-12 (NIV) “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you.”

E. REACH OUT!

1 Samuel 23:16 And Saul’s son Jonathan went to David at Horesh and helped him find strength in God.

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