

## Encouraging Ourselves in the Lord

*"...but David encouraged himself in the LORD his God." (1 Sam. 30:6)*

**A**LL of us at some point in our Christian life will face discouragement and distress as we go through trials and tribulations. But whenever you feel discouraged and are in distress, remember to encourage yourself in the Lord like David. In our text we read of how when David and his men came to Ziklag on the third day, they found that the Amalekites had invaded the South and Ziklag, attacked Ziklag and burned it with fire and had taken away captive the women and the children. David and the men who were with him were in distress for their wives and children. We read of how “the soul of all the people was grieved, every man for his sons and daughters” to the point of stoning David. But we read that David “strengthened” or in the King James Version, “encouraged” himself in the LORD his God (1 Sam. 30:6). It was not until David got his eyes off his circumstances and off his problems and shifted his eyes upward to Heaven towards the Lord his God, that then and only then, that he was encouraged. And we read in the remainder of the story of how God strengthened David after he sought Him, and David pursued the Amalekites and overtook them and recovered all. So remember to be like David and shift your eyes off the discouragements that are before you and look upwards toward Heaven to the Lord your God and you will surely be encouraged!

*Peter Sarkis*

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