

Encourage Yourself in the Lord
(May 10, 2020 by Rev. Anthony Menzel)

Thursday was the National Day of Prayer here in the United States. What a blessing to be part of a nation that has been founded on prayer. The first National Day of Prayer in the United States was in 1775, even before the Declaration of Independence was signed.

http://www.religioustolerance.org/day_pray2.htm

To participate in the National Day of Prayer, I would like to start our service today with a short time of intercession:

PRAY FOR THE NATION:

Scripture: Psalm 33:12

Blessed *is* the nation whose God *is* the LORD,
The people He has chosen as His own inheritance.

PRAYER:

Please replace abortion with increasingly better care of our children and youth.

Please replace destructive addiction with total addiction to Your Word and to being in Your Presence through prayer.

Please replace sexual immorality with only being interested in monogamous heterosexual relations within the marriage of two adults who are not close family members.

Please replace divorce with happily united families.

Please replace violence with a peace in which people value everyone's life, including the lives of the elderly and the terminally ill.

Please replace materialism with always putting You first.

Please replace selfishness with thinking about what pleases You, as well as the well-being of others.

Please replace prejudice with loving everyone the same and treating everyone equally well.

Please replace unbelief and doubt with always believing in the Lord Jesus Christ.

Please replace heresy with believing in and following Jesus Christ correctly, according to what the Bible says. **Ezekiel 22:30-31** So I sought for a man among them who would make a wall, and stand in the gap before Me on

behalf of the land, that I should not destroy it; but I found no one. 31 Therefore I have poured out My indignation on them; I have consumed them with the fire of My wrath; and I have recompensed their deeds on their own heads,” says the Lord GOD.

*****The title of today’s message is Encourage Yourself in the Lord

Scripture 1: 1 Samuel 30

Now it happened, when David and his men came to Ziklag, on the third day, that the Amalekites had invaded the South and Ziklag, attacked Ziklag and burned it with fire, ² and had taken captive the women and those who *were* there, from small to great; they did not kill anyone, but carried *them* away and went their way. ³ So David and his men came to the city, and there it was, burned with fire; and their wives, their sons, and their daughters had been taken captive. ⁴ Then David and the people who *were* with him lifted up their voices and wept, until they had no more power to weep. ⁵ And David’s two wives, Ahinoam the Jezreelitess, and Abigail the widow of Nabal the Carmelite, had been taken captive. ⁶ Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was ^[a]grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God.

⁷ Then David said to Abiathar the priest, Ahimelech’s son, “Please bring the ephod here to me.” And Abiathar brought the ephod to David. ⁸ So David inquired of the LORD, saying, “Shall I pursue this troop? Shall I overtake them?”

And He answered him, “Pursue, for you shall surely overtake *them* and without fail recover *all*.”

⁹ So David went, he and the six hundred men who *were* with him, and came to the Brook Besor, where those stayed who were left behind. ¹⁰ But David pursued, he and four hundred men; for two hundred stayed *behind*, who were so weary that they could not cross the Brook Besor.

¹¹ Then they found an Egyptian in the field, and brought him to David; and they gave him bread and he ate, and they let him drink water. ¹² And they gave him a piece of a cake of figs and two clusters of raisins. So when he had eaten, his strength came back to him; for he had eaten no bread nor drunk water for three days and three nights. ¹³ Then David said to him, “To whom do you *belong*, and where *are* you from?”

And he said, “I *am* a young man from Egypt, servant of an Amalekite; and my master left me behind, because three days ago I fell sick. ¹⁴ We made an invasion of the southern *area* of the Cherethites, in the *territory* which *belongs* to Judah, and of the southern *area* of Caleb; and we burned Ziklag with fire.”

¹⁵ And David said to him, “Can you take me down to this troop?”

So he said, “Swear to me by God that you will neither kill me nor deliver me into the hands of my master, and I will take you down to this troop.”

¹⁶ And when he had brought him down, there they were, spread out over all the land, eating and drinking and dancing, because of all the great spoil which they had taken from the land of the Philistines and from the land of Judah. ¹⁷ Then David attacked them from twilight until the evening of the next day. Not a man of them escaped, except four hundred young men who rode on camels and fled. ¹⁸ So David recovered all that the Amalekites had carried away, and David rescued his two wives. ¹⁹ And nothing of theirs was lacking, either small or great, sons or daughters, spoil or anything which they had taken from them; David recovered all. ²⁰ Then David took all the flocks and herds they had driven before those *other* livestock, and said, “This *is* David’s spoil.”

²¹ Now David came to the two hundred men who had been so weary that they could not follow David, whom they also had made to stay at the Brook Besor. So they went out to meet David and to meet the people who *were* with him. And when David came near the people, he ^[b]greeted them. ²² Then all the wicked and worthless^[c] men of those who went with David answered and said, “Because they did not go with us, we will not give them *any* of the spoil that we have recovered, except for every man’s wife and children, that they may lead *them* away and depart.”

²³ But David said, “My brethren, you shall not do so with what the LORD has given us, who has preserved us and delivered into our hand the troop that came against us. ²⁴ For who will heed you in this matter? But as his part *is* who goes down to the battle, so *shall* his part *be* who stays by the supplies; they shall share alike.” ²⁵ So it was, from that day forward; he made it a statute and an ordinance for Israel to this day.

²⁶ Now when David came to Ziklag, he sent *some* of the ^[d]spoil to the elders of Judah, to his friends, saying, “Here is a present for you from the spoil of the enemies of the LORD”— ²⁷ to *those* who *were* in

Bethel, *those who were* in Ramoth of the South, *those who were* in Jattir, ²⁸ *those who were* in Aroer, *those who were* in Siphmoth, *those who were* in Eshtemoa, ²⁹ *those who were* in Rachal, *those who were* in the cities of the Jerahmeelites, *those who were* in the cities of the Kenites, ³⁰ *those who were* in Hormah, *those who were* in ^[e]Chorashan, *those who were* in Athach, ³¹ *those who were* in Hebron, and to all the places where David himself and his men were accustomed to rove.

When we get down, we can't stay down.

We have to seek God in the name of Jesus Christ by the power of the Holy Spirit.

The faster we go to the Holy Trinity, the faster we'll get our strength back and be walking in victory.

Scripture 2: Psalm 30:4-5

Sing praise to the LORD, you saints of His,
And give thanks at the remembrance of ^[a]His holy name.

⁵ For His anger *is but for* a moment,

His favor *is for* life;

Weeping may endure for a night,

But ^[b]joy *comes* in the morning.

It's also true that there is a time for mourning and being sad.

Scripture 3: Ecclesiastes 3:1-8

To everything *there is* a season,
A time for every purpose under heaven:

² A time ^[a]to be born,

And a time to die;

A time to plant,

And a time to pluck *what is* planted;

³ A time to kill,

And a time to heal;

A time to break down,

And a time to build up;

⁴ A time to weep,
And a time to laugh;
A time to mourn,
And a time to dance;
⁵ A time to cast away stones,
And a time to gather stones;
A time to embrace,
And a time to refrain from embracing;
⁶ A time to gain,
And a time to lose;
A time to keep,
And a time to throw away;
⁷ A time to tear,
And a time to sew;
A time to keep silence,
And a time to speak;
⁸ A time to love,
And a time to hate;
A time of war,
And a time of peace.

At the same time, if we look at David's victory after Ziklag was burned, we see that he didn't even have to weep for a night.

The key was that he sought the Lord for the next step he should take right away.

We have to remember

1. God can overcome every problem we face.

Scripture 4: Matthew 19:26

But Jesus looked at *them* and said to them, "With men this is impossible, but with God all things are possible."

This applies even to times of deep sadness and loss.

Scripture 5: 2 Corinthians 1:3-4

³ Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our tribulation, that

we may be able to comfort those who are in any ^[a]trouble, with the comfort with which we ourselves are comforted by God.

Scripture 6: Philippians 4:6-7

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

2. The Lord Jesus always has a plan for us. He knows the next step we need to take.

Scripture 7: Jeremiah 29:11

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

All we have to do is seek Him, and He will guide us: He usually does not reveal the whole journey to us at once because we often cannot handle seeing the whole picture at once.

Scripture 8: John 16:12-15

¹² "I still have many things to say to you, but you cannot bear *them* now. ¹³ However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own *authority*, but whatever He hears He will speak; and He will tell you things to come. ¹⁴ He will glorify Me, for He will take of what is Mine and declare *it* to you. ¹⁵ All things that the Father has are Mine. Therefore I said that He ^[a]will take of Mine and declare *it* to you.

However, He will guide us step by step.

Scripture 9: James 1:5-8

⁵ If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. ⁶ But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. ⁷ For let not that man suppose that he will receive anything from the Lord; ⁸ *he is* a double-minded man, unstable in all his ways.

Scripture 10: Psalm 119:105

Your word *is* a lamp to my feet
And a light to my path.

Especially if we are humble,
always trying to walk in repentance, always trying to be merciful,
always trying to admit when we're wrong, God will consistently give us
victory.

Scripture 11: 1 Peter 5:5-7

Likewise you younger people, submit yourselves to *your* elders. Yes, all
of *you* be submissive to one another, and be clothed with humility, for

“God resists the proud,
But gives grace to the humble.”

⁶ Therefore humble yourselves under the mighty hand of God, that He may
exalt you in due time, ⁷ casting all your care upon Him, for He cares for you.

Scripture 12: 1 John 1:9-10

⁹ If we confess our sins, He is faithful and just to forgive us *our* sins and
to cleanse us from all unrighteousness. ¹⁰ If we say that we have not sinned,
we make Him a liar, and His word is not in us.

Scripture 13: Matthew 7:1-2

“Judge^[a] not, that you be not judged. ² For with what ^[b] judgment you judge,
you will be judged; and with the measure you use, it will be measured back
to you.

Scripture 14: 2 Corinthians 2:14

¹⁴ Now thanks *be* to God who always leads us in triumph in Christ, and
through us ^[a]diffuses the fragrance of His knowledge in every place.