

Higher Life Christian Centre

Higher Living September 2010

Encouraging Yourself in The Lord

Life is full of all kinds of challenges. The funny thing is trials don't give you notice. They just happen. You have to deal with them as they come.

Last month, I left the office early to meet my wife at the hospital. One of my daughters had to be taken in to have a check up. Thank God! It was nothing after all. My wife had even left the hospital by the time I got there.

I got a phone call from her, but it was nothing to do with the initial event. She said, "The ceiling in the house has dropped down." I responded, "What are you talking about?" She said, "There has been a flood in the house and it has pulled down a part of the ceiling downstairs. The carpets are wet and a whole place is a mess."

Without letting her finishing her sentence, I hung up my mobile phone, spun the car around and sped straight home. I was home in a flash with all kinds of thoughts running through my head. What on earth is happening? A flood? How did this happen? What is responsible for this?

As I walked through the door I was crushed. The ceiling at the entrance was down. The tap upstairs had been running all day and had flooded a part of the house. My initial analysis was a burst pipe, but my fears were put to rest by a plumber after some tests. The pipes were ok.

We had burst water mains on the street which affected a lot of the houses in the area. As a result we did not have hot water in the morning and had go 'old school' – boil the water to have a bath. Unknowingly, one of the taps was left on when we had left for work. Once the water supply was fixed, the water came back with so much force. The place was flooded. Drainage problems with the sink made this easy.

To say I was angry about the whole episode is an understatement, I was furious. It was only when I saw the displacement of the people of Pakistan that I actually altered my view of the whole situation. Here I am insured to the hilt, but most of these displaced people have no backup for their loss. They had lost all their valuables permanently, but I still had hope of my valuables being replaced.

This shrank my experience into insignificance. The saying, "You think you've got it bad? Wait until you hear what other people are dealing with, and things might not seem that bad after all."

Some of you reading this might be facing all kinds of problems at the moment. You might think it is all over and it is impossible for you to recover from your current predicament. Your present experience might even dwarf mine. I will just like to encourage you with King David's experience in [1 Samuel 30](#).

Now, he was still a fugitive when he went through this experience, being hunted like an animal by King Saul. He and his men had just come back from a raid, only to find their homes destroyed and all their wives and children taken



captive. In fact the New Living Translation says their homes were burnt to the ground.

Nobody comes home from work relishing the challenge of dealing with tragedy as you walk through the door. You want hugs and kisses from your spouse and children. You want to come home and relax, catch up on what's been going on in each other's life and have a great meal.

These guys were so traumatised by what they saw ([1 Samuel 30:1-4](#)). There were no dead bodies around because nobody was killed, but the devastation hit them hard. To be taken captive was not a simple thing in those days. Spoils of war were not always treated kindly. Women and children were exploited. I can imagine what was going through these men's minds.

Scripture says they actually wept until they could weep no more. They cried until they were physically exhausted ([1 Samuel 30:4](#)).

The next thing they thought of doing was finding a scapegoat for their predicament. Who better than David their leader? If not for him they would not be in this mess. Mutiny began to brew in the camp as they thought about stoning him ([1 Samuel 30:6](#)).

No leader in the world would cherish this moment. This is what I will call a hero to zero moment. It would have been easy for David to lose his rag with them or take flight in despair. The negative vibes he was getting from the men he had shared his life with did not help him. They were not pulling together to find a solution to the crisis. They were blaming him for the crisis.

Scripture however, shows us something that was completely extraordinary. He drew on a relationship that he could always count on when all the chips were down. He is strengthened himself or like most literal translations will say, he encouraged himself in the Lord his God ([1 Samuel 30:6](#)). Rather than let anxiety take hold of him, he sought the Lord. He was proactive, he encouraged himself in the Lord his God. He did not look to his men to give him encouragement. These guys were planning to kill him ([1 Samuel 30:6](#)).

There are times in life when you will not have people around you to encourage you to keep going. You need to learn to encourage yourself in the Lord your God. You need to learn to draw strength from your relationship with the Lord, rather than wait for people to always prep you up.

David encouraged himself in the Lord his God. So can you. You can always choose how you respond to situations that confront you in life. You don't always have to lose your head. David constructively drew his strength from his relationship with the Father which ignited his faith in Him. Do you draw your strength from your Heavenly Father in your hour of crisis?

The second thing he did was to seek God's guidance on the issue ([1 Samuel 30:7-8](#)). This is something we don't do enough of nowadays because we think that we are so smart. He sought God's perspective about the issue, got a word from the Lord and ran with it. This is what made his fight back very successful. Do you seek God in your hour of need? Or do you go on Google? Do you look to yourself? Do you rely on everyone else except El Shaddai?

Not that anything is wrong with Google or friends, but the point I'm trying to drive home is that it is very important that we seek God's guidance when we're going through trials and difficulties. He knows the way out of any situation or mess better than we do ([Psalm 32:8](#)).

We live in days where bad news is always close to home. I want to encourage you this month to draw strength from your relationship with God and encourage yourself in Him ([Ephesians 6:10](#)). Meditate on His faithfulness. Don't forget what He has done for you in the past ([Psalm 103:2](#)). Meditate on His word and seek His face to give you direction and insight into the dramas of life. His wisdom is available to you ([James 1:5](#)).

Well this is me signing off! Catch up with you next month and remain strong in His grace.



It's all about Christ in You expressing Himself through you!