

# **Developing a Heart like God's An Encouraged Heart 1 Samuel 22**

We have a God-given desire to do great things for God. Too often discouragement kills this desire.

## **David Knew About Discouragement**

The Cave – A Little Background

Sooner or later everybody logs some time in the cave!

In the cave you can begin to wonder if God has lost track of you, has forgotten you.

**God does some of His best work in caves!**

## **David Also Knew About Encouragement**

*“And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened himself in the LORD his God.” (1 Samuel 30:6)*

## **How to Find Encouragement in the Lord**

1. \_\_\_\_\_ your heart to the Lord (Psalm 142)
- Be \_\_\_\_\_
- Be \_\_\_\_\_

*How honest is your conversation with the Lord?*

2. Be open to \_\_\_\_\_ encouragement from others

- \_\_\_\_\_ (22:1)
- \_\_\_\_\_ (22:3-5; 23:16)
- \_\_\_\_\_ (25:32-35)

*Who do you encourage? Who encourages you? How?*

3. Be careful to \_\_\_\_\_ (1 Samuel 24)

- There is a connection between the cave and temptation
- It is so easy to rationalize a \_\_\_\_\_

*What shortcuts are you tempted to take today?*

4. Seek and obey God's \_\_\_\_\_ (30:7-8)

*“And David said to Abiathar the priest, the son of Ahimelech, “Bring me the ephod.” So Abiathar brought the ephod to David. And David inquired of the LORD, “Shall I pursue after this band? Shall I overtake them?” He answered him, “Pursue, for you shall surely overtake and shall surely rescue.” (1 Samuel 30:7-8)*

- Discouragement destroys \_\_\_\_\_
- Where there is hope in the future, there is \_\_\_\_\_ in the present
- Sometimes you just have to get off your \_\_\_\_\_ and do something

*Are you seeking God's direction for your life? Are you obeying God's counsel for your life?*

5. Find ultimate \_\_\_\_\_ in the Lord

*“In you, O LORD, do I take refuge; let me never be put to shame; in your righteousness deliver me!”* (Psalm 31:1)

*“Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!”* (Psalm 34:8)

- Sometimes all you can do is trust God, not in the props but in God alone
- David declared his \_\_\_\_\_

*Do you trust more in your God or in your props?*

Jesus also knows about caves!

In caves God brings \_\_\_\_\_

**God does some of His best work in caves!**

## **Making It Personal**

Where have I experienced “the cave” before in my life? How did I find encouragement in the Lord?

How can I find encouragement in the Lord for the challenges of today? What do I need more of in my life?  
(Review questions above)

Who around me does God want to use me to be an encourager in their lives?