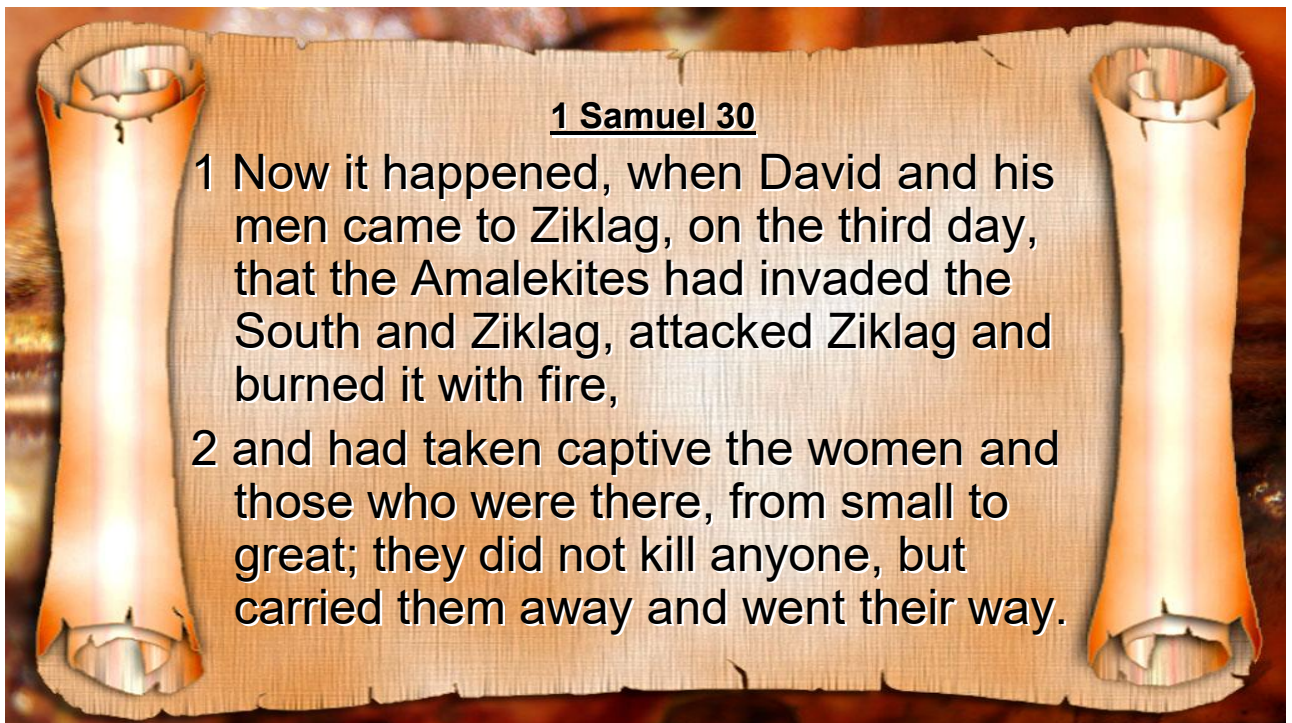


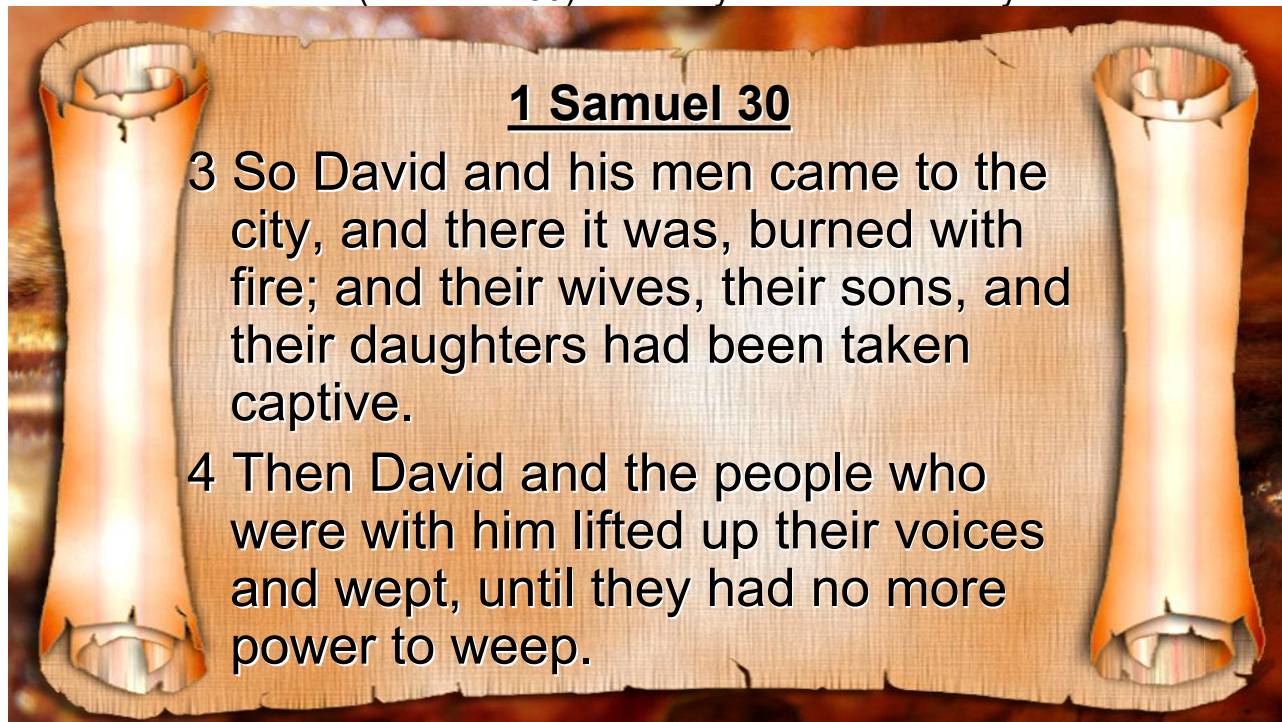
What to Do When You Are Having a Really Bad Day  
(1 Samuel 30) - by Pastor Ron Laney



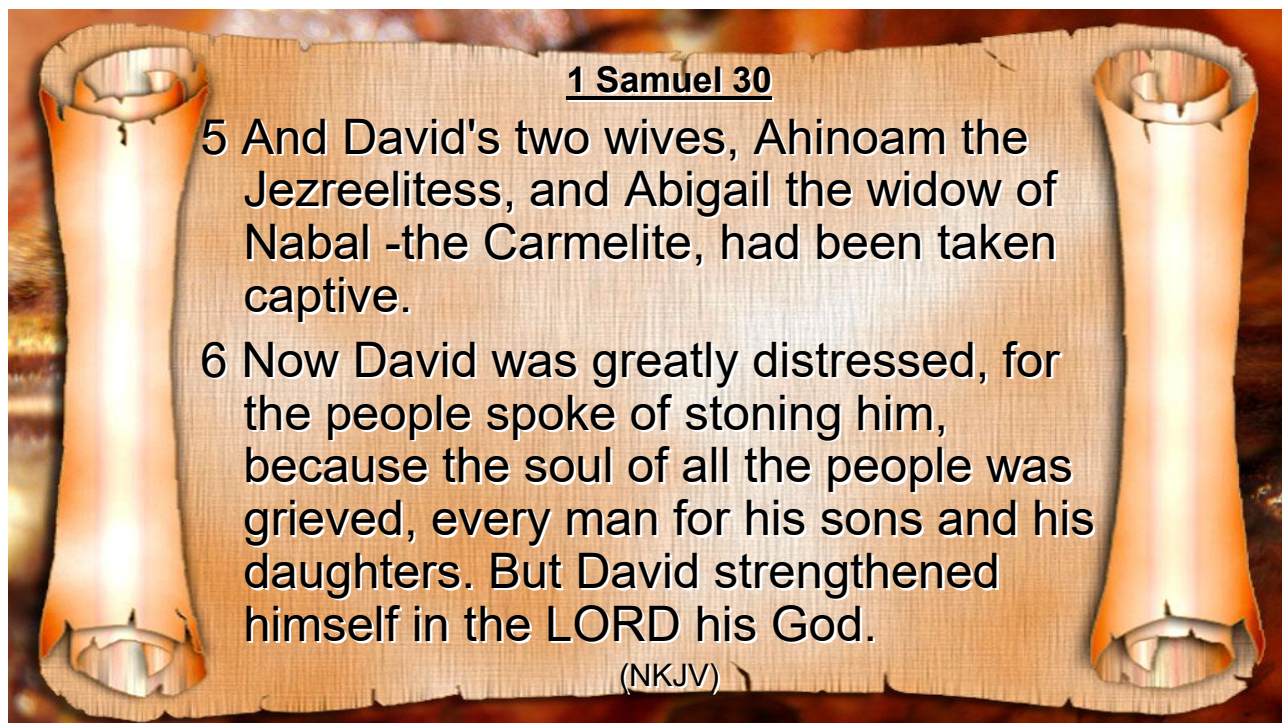
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10



11



12

## David's Story

Anointed to be King

Kills Goliath

King Saul's Jealousy

13

13

## David's Story

Flees to the Wilderness

His Mighty Men

Spares Saul

14

14

What to Do When You Are Having a Really Bad Day  
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## Strange Season

Allies with Philistines

Becomes a Mercenary

Raiding Enemy Villages

15

15

## Ziklag

Village for David & His  
Men & Their Families

War with Israel

David rejected, returns  
home to Ziklag

16

16

## Upon their Return to Ziklag

- Ziklag was attacked and burned down
- Women & children gone

**David & his men are devastated!**

17

17

**“until they had no more  
power to weep”**

**“greatly distressed”**



18

18

## Feel the Atmosphere

- Enemy has attacked with a devastating blow.
- **Emotions are heightened & unbridled**  
– **grief, fear, anger, rage are in the air.**
- Extreme pressure to be irrational

**What are you going to do?  
Your next move is crucial.  
How will you respond on your worst day?**

19

19

**What NOT to do**

**Do NOT turn your  
anger towards those  
who are on your side.**

---

1 Samuel 30:6

Now David was greatly distressed, for  
the people spoke of stoning him

20

20

What **NOT** to do

**Do NOT turn your  
anger and grief  
inward towards  
yourself.**

---

David was “greatly distressed”

21

21

How you handle your  
disappointments, failures and  
setbacks is very important  
to your future.

This is what David did...

22

22

**“But David strengthened himself in the LORD his God.”**

**What does this look like?**

23

23

**“But David strengthened himself in the LORD his God.”**

**=**

**To fasten to  
to bind together with,  
to tie yourself to**

24

**“But David strengthened  
himself in the LORD  
his God.”**

**How?**

**Remember  
Worship  
Declare**

25

**1**



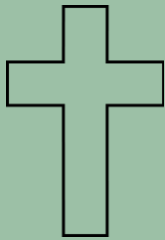
**Remember**

**Remember God and the goodness He  
has shown you in your life.**

**Jesus said, “Remember Me”**

26

2



# Worship

## Psalm 34

1 I will bless the LORD at all times; His praise shall continually be in my mouth.

2 My soul shall make its boast in the LORD; The humble shall hear of it and be glad.

3 Oh, magnify the LORD with me, and let us exalt His name together.

4 I sought the LORD, and He heard me, And delivered me from all my fears.

27

3



# Declare

## Speak the Word of the LORD

- to yourself
- into spiritual & natural realm
- to your situation  
(Jesus said to speak to mountains)

28

Remember



Worship



Declare



## 2 Timothy 1:6-7

6 Therefore **I remind you to stir up the gift of God** which is in you through the laying on of my hands.

7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

29

Remember



Worship



Declare






## 1 Timothy 1:18

This charge I commit to you, son Timothy, according to **the prophecies** previously made concerning you, **that by them you may wage the good warfare**




What are the prophecies?

30

<b>Remember</b> 	<h1>The Prophecies</h1> <p>= words &amp; promises of God about your life &amp; calling</p>	
	<b>Worship</b> 	<b>Includes...</b> <ul style="list-style-type: none"><li>• Promises from God's Word</li><li>• Words of promise and hope spoken to you by the Spirit ....(my ring)</li></ul>
	<b>Declare</b> 	<b>War with these prophecies (good warfare)</b>

31

# Strengthen Yourself in the LORD

<b>Remember</b> 	<b>Worship</b> 	<b>Declare</b> 
--	---	---

32

## Time with Jesus

- Regain your strength
- Regain your passion
- Regain your vision & purpose

**Hear a Word about your next step!**



33

33

# Recovered All



34

34

## Here's why you **CANNOT** quit on your worst day....

- Two days later David is informed of Saul's death.
- **Then David was crowned King of Judah**

It all turned around!



35

35



**What to Do When You Are  
Having a Really  
Bad Day**

**1 Samuel 30**

**Strengthen Yourself in the LORD**

36

## **Numbers 6:24-26**

24 "The LORD bless you and keep you;

25 The LORD make His face shine upon  
you, and be gracious to you;

26 The LORD lift up His countenance  
upon you, and give you peace."