



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

1 Samuel 30

### 1 Samuel 30

- 1 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.



## 1 Samuel 30

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.



### 1 Samuel 30

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 grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God.

# David's Story

Anointed to be King

Kills Goliath

King Saul's Jealousy

# David's Story

Flees to the Wilderness

His Mighty Men

Spares Saul

# Strange Season

Allies with Philistines

Becomes a Mercenary

Raiding Enemy Villages

# Ziklag

Village for David & His Men & Their Families

War with Israel

David rejected, returns home to Ziklag



# **Upon their Return to Ziklag**

- attacked Ziklag and burned it with fire
- Taken captive the women & children
  - Reminded of the current culture war

**David & his men are devastated!**

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

**“greatly distressed”**

## **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?**

What **NOT** to do

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

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1 Samuel 30:6

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



What **NOT** to do

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

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David was “greatly distressed”

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

**This is what David did...**

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

**What does this  
look like?**

# 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.



# **Time with Jesus**

- **Regain your strength**
- **Regain your passion**
- **Regain your vision & purpose**
- **Hear a Word about your next step**

**Recovered**  
**All**

# **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!**

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

**Strengthen  
Yourself  
in the  
LORD**