





**1 Samuel 30:1-6** Now when David and his men came to Ziklag on the third day, the Amalekites had made a raid against the Negeb and against Ziklag. They had overcome Ziklag and burned it with fire and taken captive the women and all who were in it, both small and great. They killed no one, but carried them off and went their way. And when David and his men came to the city, they found it burned with fire, and their wives and sons and daughters taken captive. Then David and the people who were with him raised their voices and wept until they had no more strength to weep. David's two wives also had been taken captive, Ahinoam of Jezreel and Abigail the widow of Nabal of Carmel. 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.



# Strengthen Yourself

1 Samuel 30:6 “But David strengthened himself in the Lord his God.”





# 1. Enjoy God's Grace

## Hebrews 13:8-10

Jesus Christ is the same yesterday and today and forever. Do not be led away by diverse and strange teachings, for it is good for the heart to be strengthened by grace, not by foods, which have not benefited those devoted to them. We have an altar from which those who serve the tent have no right to eat.



# 1. Enjoy God's Grace

- Jesus's work is finished!

“All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall bow down and worship before You, For the kingship and the kingdom are the Lord's, and He is the ruler over the nations. All the mighty ones upon earth shall eat [in thanksgiving] and worship; all they that go down to the dust shall bow before Him, even he who cannot keep himself alive. Posterity shall serve Him; they shall tell of the Lord to the next generation. They shall come and shall declare His righteousness to a people yet to be born—that He has done it [that it is finished]!” Psalm 22



# 1. Enjoy God's Grace

- Jesus's work is finished!
- You are saved by grace alone, not rule-keeping

“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.” Ephesians 2:8-9



# 1. Enjoy God's Grace

- Jesus's work is finished!
- You are saved by grace alone, not rule-keeping
- Grace is the active bestowal of God's favour

“But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.” 1 Peter 2:10



# 1. Enjoy God's Grace

- Jesus's work is finished!
- You are saved by grace alone, not rule-keeping
- Grace is the active bestowal of God's favour
- Reckon yourself dead to sin but alive in Christ!

Romans 6:11



## 2. Speak Truth to Yourself

I say to myself, "The LORD is my portion; therefore I will wait for him."  
Lamentations 3:24

Why, my soul, are you downcast? Why so disturbed within me? Put  
your hope in God, for I will yet praise him, my Savior and my God.  
Psalm 43:5

"The power of life and death is in the tongue." Proverbs 18:21



## 2. Speak Truth to Yourself

**OVERCOMING DESTRUCTIVE SPEECH HABITS:**

- Self-fulfilling Curses



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### OVERCOMING DESTRUCTIVE SPEECH HABITS:

- Self-fulfilling Curses
- Grumbling Self-pity

“ Do everything without grumbling or complaining.” Philippians 2:14



## 2. Speak Truth to Yourself

### OVERCOMING DESTRUCTIVE SPEECH HABITS:

- Self-fulfilling Curses
- Grumbling Self-pity
- Sponsored adverts from the dark side

“For though we walk in the flesh, we are not waging war according to the flesh....take every thought captive to obey Christ” 2 Corinthians 10:3-5



I am faithful (Ephesians 1:1)

I am God's child (John 1:12)

I have been justified (Romans 5:1)

I am Christ's friend (John 15:15)

I belong to God (1 Corinthians 6:20)

I am a member of Christ's Body (1 Corinthians 12:27)

I am assured all things work together for good (Romans 8:28)

I have been established, anointed and sealed by God (2  
Corinthians 1:21-22)

I am confident that God will perfect the work He has begun in me  
(Philippians 1:6)

I am a citizen of heaven (Philippians 3:20)



I am hidden with Christ in God (Colossians 3:3)

I have not been given a spirit of fear, but of power, love and self-discipline (2 Timothy 1:7)

I am born of God and the evil one cannot touch me (1 John 5:18)

I am blessed in the heavenly realms with every spiritual blessing (Ephesians 1:3)

I am chosen before the creation of the world (Ephesians 1:4, 11)

I am holy and blameless (Ephesians 1:4)

I am adopted as his child (Ephesians 1:5)

I am given God's glorious grace lavishly and without restriction (Ephesians 1:5,8)

I am in Him (Ephesians 1:7; 1 Corinthians 1:30)

I have redemption (Ephesians 1:8)



I am forgiven (Ephesians 1:8; Colossians 1:14)

I have purpose (Ephesians 1:9 & 3:11)

I have hope (Ephesians 1:12)

I am included (Ephesians 1:13)

I am sealed with the promised Holy Spirit (Ephesians 1:13)

I am a saint (Ephesians 1:18)

I am salt and light of the earth (Matthew 5:13-14)

I have been chosen and God desires me to bear fruit (John 15:1,5)

I have peace (Ephesians 2:14)

I have access to the Father (Ephesians 2:18)

I am a member of God's household (Ephesians 2:19)

I am secure (Ephesians 2:20)



I am a dwelling for the Holy Spirit (Ephesians 2:22)  
I share in the promise of Christ Jesus (Ephesians 3:6)  
God's power works through me (Ephesians 3:7)  
I can approach God with freedom and confidence (Ephesians 3:12)  
I know there is a purpose for my sufferings (Ephesians 3:13)  
I am completed by God (Ephesians 3:19)  
I can bring glory to God (Ephesians 3:21)  
I am chosen and dearly loved (Colossians 3:12)  
I am blameless (I Corinthians 1:8)  
I am set free (Romans 8:2; John 8:32)  
I am a light in the world (Matthew 5:14)