

## **Strengthening Ourselves in the Lord**

*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.*

1 Samuel 30:6

For us today – we can strengthen ourselves in the Lord by:

1. Remembering the Lord's Presence
2. Remembering the Lord's Nature
3. Remembering the Lord's Goodness

### **1. Remembering the Lord's Presence**

*Fear not, for I am with you; Be not dismayed, for I am your God.*

*I will strengthen you, Yes, I will help you,*

*I will uphold you with My righteous right hand.*

Isaiah 41:10

*And the Lord, He is the One who goes before you.*

*He will be with you, He will not leave you nor forsake you;*

*do not fear nor be dismayed.*

Deuteronomy 31:8

*God is our refuge and strength, A very present help in trouble.*

*Therefore we will not fear, Even though the earth be removed,*

*And though the mountains be carried into the midst of the sea;*

*Though its waters roar and be troubled,*

*Though the mountains shake with its swelling.*

Psalms 46:1-3

*Be still, and know that I am God;*

*I will be exalted among the nations,*

*I will be exalted in the earth!*

*The LORD of hosts is with us;*

*The God of Jacob is our refuge.*

Psalms 46:10-11

### **2. Remembering the Lord's Nature**

*I will love You, O Lord, my strength.*

*The Lord is my rock and my fortress and my deliverer;*

*My God, my strength, in whom I will trust;*

*My shield and the horn of my salvation, my stronghold.*

*I will call upon the Lord, who is worthy to be praised;*

*So shall I be saved from my enemies.*

Psalms 18: 1-3

*The Lord lives! Blessed be my Rock - Let the God of my salvation be exalted.*

Psalms 18:46

*For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him.*

2 Chronicles 16:9

### **3. Remembering the Lord's Goodness**

*You will give truth to Jacob*

*And mercy to Abraham,*

*Which You have sworn to our fathers from days of old.*

Micah 7:20

*The LORD is good,*

*A stronghold in the day of trouble;*

*And He knows those who trust in Him.*

Nahum 1:7

### **From the New Testament**

*Finally, my brethren, be strong in the Lord and in the power of His might.*

Ephesians 6:10

*...that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man...*

Ephesians 3:16

*But Saul increased all the more in strength, and confounded the Jews who dwelt in Damascus, proving that this Jesus is the Christ.*

Acts 9:32

**Glance at the problems  
But  
Gaze at God**

**Below are assorted verses about the Lord's Strength for us, His people.**

*The LORD is my light and my salvation; whom shall I fear?*

*the LORD is the strength of my life; of whom shall I be afraid?*

Psalm 27:1

*The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoices; and with my song will I praise him.*

Psalm 28:7

*My flesh and my heart fail: but God is the strength of my heart, and my portion for ever.*

Psalms 73:26

*Let the weak say, I am strong.*

Joel 3:10

*My grace is sufficient for you:*

*for My strength is made perfect in weakness..... for when I am weak, then am I strong.*

2 Corinthians 12:9-10

*I can do all things through Christ who strengthens me.*  
Philippians 4:13

*You, therefore, my son, be strong in the grace that is in Christ Jesus.*  
2 Timothy 2:1

*I have written to you, young men, because you are strong,  
and the Word of God abides in you, and you have overcome  
the wicked one.*  
1 John 2:14

*Finally, my brethren, be strong in the Lord, and in the power of His might.*  
Ephesians 6:10

*And David was greatly distressed...but David strengthened himself in the Lord his God.*  
1 Samuel 30:6

***Today we can strengthen ourselves in the Lord by:  
Remembered the Lord's Presence  
Remembered the Lord's Nature  
Remembered the Lord's Goodness***

***Now David was greatly distressed...  
But David strengthened himself  
in the Lord his God.***

***1 Samuel 30:6 (New King James Version)***

