

## **Fun Times**

August 13, 2023

### **Part 2 – When your Heart is Broken**

*A cheerful heart is good medicine, but a broken spirit saps a person's strength.*  
(Proverbs 17:22, New Living Translation)

*But David kept thinking to himself, 'Someday Saul is going to get me. The best thing I can do is escape to the Philistines. Then Saul will stop hunting for me in Israelite territory, and I will finally be safe.' "So David took his 600 men and went over and joined . . . the king of Gath.*  
(1 Samuel 27:1-2, NLT)

*Word soon reached Saul that David had fled to Gath, so he stopped hunting for him.*  
(1 Samuel 27:4, NLT)

*Three days later, when David and his men arrived home at their town of Ziklag, they found that the Amalekites had . . . crushed Ziklag and burned it to the ground. They had carried off the women and children and everyone else but without killing anyone.*  
(1 Samuel, 30:1-2 NLT)

*When David and his men saw the ruins and realized what had happened to their families, they wept until they could weep no more.*  
(1 Samuel, 30:3-4 NLT)

*David's two wives . . . were among those captured.*  
(1 Samuel, 30:5 NLT)

*David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him.*  
(1 Samuel, 30:6a NLT)

## **HOW DO YOU GET YOUR JOY BACK WHEN YOUR HEART IS BREAKING?**

*But David found strength in the LORD his God.*  
(1 Samuel 30:6b, NLT)

### **1. Turn to your God for strength.**

*I love you, LORD; you are my strength. The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.*  
(Psalm 18:1-2, NLT)

*Are any of you suffering hardships? You should pray.*  
(James 5:13a, NLT)

### **2. Get Godly Counsel.**

*Then he said to Abiathar the priest, 'Bring me the ephod!'" So Abiathar brought it.*  
(1 Samuel, 30:7 NLT)

*Then David asked the LORD, 'Should I chase after this band of raiders? Will I catch them?' And the Lord told him, 'Yes, go after them. You will surely recover everything that was taken from you!*  
(1 Samuel 30:8, NLT)

*Since we have a great High Priest. . . Jesus the Son of God . . . let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*  
(Hebrews 4:14-16, NLT)

*In a multitude of counselors there is safety.*  
(Proverbs 24:6, New Kings James Version)

*200 of the men were too exhausted to cross the brook, so David continued the pursuit with 400 men.*  
(1 Samuel 30:9-10, NLT)

## **3. Extend grace to the weak and exhausted.**

*Along the way they found an Egyptian man in a field and brought him to David. They gave him some bread to eat and water to drink.*  
(1 Samuel 30:11, NLT)

*David got back everything the Amalekites had taken. . . Nothing was missing. . . David brought everything back.*  
(1 Samuel 30:18-19, NLT)

*Then David returned to . . . the 200 men who had been left behind because they were too exhausted to go with him. They went out to meet David and his men, and David greeted them joyfully.*  
(1 Samuel 30:21, NLT)

## **4. Make plans to correct the future.**

*But David said, 'No, my brothers! Don't be selfish with what the LORD has given us. He has kept us safe and helped us defeat the band of raiders that attacked us. . . We share and share alike—those who go to battle and those who guard the equipment.*  
(1 Samuel 30:21-24, NLT)

*A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer.*  
(Ecclesiastes 4:12, NLT)

*Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises.*  
(James 5:13 The New Century Version)