

STAYING CONNECTED

Part 4: In The Down and Difficult Times

RESPONDING TO DOWN TIMES

- Negative coping responses
 1. Negative self-talk
 2. Overindulgence of food, alcohol, or drugs
 3. Intentional isolation from family/friends
- Positive coping responses
 1. Exercise or getting outdoors
 2. Develop and follow through on an action plan
 3. Pray or go to church
- Strengthening your connection to God (***Psalms 42:5-6 CSB***)
 1. Talk to yourself and challenge the negative thoughts/emotions
 2. Remind yourself to put your hope in God - and praise God for who He is
 3. Remember what God has done in your life

DAVID'S RESPONSE TO SOME DOWN AND DIFFICULT TIMES (***1 Samuel 21:10-15, 22:1-2 CSB***)

- Running for his life - to the wrong place
 1. Gath was the hometown of Goliath - they remembered him as an enemy
 2. He was afraid for his life - had to act crazy to escape - must have been embarrassing
 3. Found refuge in a cave - not a place for a future king
- David was in the cave, but the cave was not in him
 1. He was not overwhelmed by the negative environment
 2. He could have easily played the victim - why me?
 3. In the cave, David wrote a beautiful psalm (***Psalms 34:1 NKJV***)
- David reached out beyond himself
 1. He did not isolate himself from family
 2. The problem people came to him - 3D's desperate, debt and discontented
 3. David helped these men become a strong fighting team

STAYING CONNECTED IN THE DOWN AND DIFFICULT TIMES

- Develop a heart/lifestyle of gratitude and praise (***1 Thessalonians 5:16-18 CSB***)
 1. More than a nice concept, a powerful connector to God
 2. A grateful heart has to be constantly maintained
 3. Gratitude and praise strengthen our connection to God's promises (***Romans 4:20 NKJV***)
- Reach out beyond yourself (***Philippians 2:4 NKJV***)
 1. Being a follower of Christ involves a "more than me" mentality
 2. In helping others, we get help