

# **THAT WE MIGHT HAVE HOPE**

## **Part 4 - Strength Gains & Drains**

**Text: Romans 15:4 NKJV**

### **DAVID GAINS STRENGTH** *(1 Samuel 30:4-6 NKJV)*

- A. A low place
  - 1. David wept because of personal loss
  - 2. Was greatly distressed from people
- B. He strengthened himself in the Lord
  - 1. Very possible to go from a weak place to a strong place

### **WHAT DAVID DID AND DID NOT DO**

- A. He did not continue to look at the loss and destruction *(Psalm 121:1-2 NKJV)*
  - 1. What we look at will have an impact on us
- B. Living surrounded by negatives will take a toll on you *(2 Peter 2:7-8 NKJV)*
  - 1. Lot was a righteous man - accustomed to living right
  - 2. Chose to separate from Abraham and chose the most beautiful land
  - 3. What he heard and saw tormented his heart, mind and emotions
- C. David had to be very intentional as to his focus
  - 1. Can't gain strength looking at the loss and the problems *(Psalm 119:50 NKJV)*
  - 2. Had to look to the Lord and His word *(Proverbs 4:20-23 NKJV)*
  - 3. May seem like an extreme process but David was in an extreme time in his life

### **GUARDING YOUR HEART**

- A. Protecting our heart from the things that would harass and drain us
  - 1. What we look at, think about, and talk about is what gets in us
  - 2. Choose life *(Romans 8:6 NKJV)*
  - 3. Choosing to think carnally (produces death)
  - 4. David could not have been focused on his losses *(Isaiah 44:20a NKJV)*