

POSITIVE ACTIONS FOR NEGATIVE TIMES

Part 2 - Recovery

NOTHING GOOD CAN COME FROM THIS

- Bad seed = bad harvest (**2 Samuel 12:9-10 NKJV**)
 1. An affair, a murder and a coverup
 2. These actions considered worthy of harsh punishment
- When bad things happen
 1. Rule #1 - we are not qualified to judge
 2. We do have an enemy - Satan, and we live in a fallen world
 3. We also have to take responsibility for our actions (**Galatians 6:7-8 NKJV**)
- Looking at the entire picture
 1. Although David reaped a bad harvest yet God's mercy was overwhelming (**2 Samuel 12:24b-25 NKJV**)

CONFIDENCE IN GOD (**2 Samuel 12:16-20 NKJV**)

- Seven days of praying and fasting - high commitment level
 1. His actions indicated what David believed
 2. He believed God might be gracious to him (**2 Samuel 12:22 NKJV**)
- How good is God - our perspective?
 1. Is He smiling or frowning?
 2. Desiring to help or reluctant to get involved?
 3. Bigger or smaller than our faults and failures?
 4. Can our prayers be effective? (**James 5:16 NKJV**)

DAVID'S POSITIVE STEPS TOWARD RECOVERY

- He changed his clothes
 1. No longer wearing the despondent clothes
 2. His change and clean up indicated he was moving on - not staying in the same place
- He went and worshipped God
 1. He did not blame God
- He ate food again - to gain strength
 1. Seven days of fasting can make you weak
- His perspective of death was a help to him (**2 Samuel 12:23 NKJV**)
 1. Death was a parting not the end - he would see his son again

OUR POSITIVE STEPS TOWARDS RECOVERY

- Change clothes
 1. Not "wearing the clothes of sadness and grief" (**Psalms 104:34 KJV**)
- Get on God's side
 1. Blaming Him will not produce good results
 2. The scriptures are full of references to praise God - not to blame Him (**Philippians 4:4 NKJV**)
- Do things that produce strength
 1. Complaining is draining
 2. Hear good messages, fellowship with other believers - environmental strength
 3. Read and meditate in the scriptures (**Luke 4:4 NKJV**)