

Embrace  
Holy  
Living

# RE- FLECTING GOD

**07/19/12 - Finding Our Strength**

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1 Samuel 30:1-8

First Samuel 30:6a states that, "David was greatly distressed . . ." David certainly had reason for being distressed; the village where he, his men, and their families lived had been destroyed. And all of the families had been taken captive by the Amalekites. In addition to David's personal loss, his men blamed him with talk of stoning him.

Sometimes it seems that when disaster hits us, it is compounded by the blame of those close to us. "Why did you allow this to happen?" "You should have known . . ."; "You should have done something to keep this from happening!"

David sought the Lord. First Samuel 30:6b states, "But David found strength in the Lord his God."

This is an important lesson, whatever the challenge. We must find our strength in the Lord. We can find encouragement from others, and that is helpful; but our strength will be renewed when we wait upon the Lord. In the end we must find our strength in him and his will for our lives.