

● **WARM UP**

We have all faced situations where we feel like giving up. Often we feel we don't have the strength to go on or that the odds are too much against us. It is great to have someone in your life who can strengthen you when you need it. I am thankful to be part of a Men's Group that has encouraged me in the difficult times. I praise God for His word to me when I felt I could not go on.

At times we need to know how to go to the Lord and draw courage from the Lord, as David did in today's scripture passage, and press through and get the victory.



● **READ** 1 Samuel 30:1-6

● **BACKGROUND**

King David faced a situation where his men spoke of stoning him. Raiders had come and taken all that they possessed. The Bible tells us that he strengthened himself in the Lord. In a difficult time he was able to push into the Lord, and through God he was able to recover all his property and establish himself.

We see that having come through those trials David now has men, mighty men who are with him 100%. Each of these men had accomplished great feats. David had become great and these mighty men strengthened themselves with David.

The main key to David becoming a mighty man was his relationship with God. Secondly, when things got tough so did he. Lastly, he surrounded himself with men who were growing as well. Make sure you have some men like that around you.

● **QUESTIONS**

- 1 Share how you encourage yourself in the Lord.
- 2 Share a time when someone has encouraged you and what resulted.



3 How could you actively strengthen your leader, workmates or church?

4 It is the law of sowing and reaping. We reap what we sow. What steps could you take to strengthen others understanding that you will be strengthened in the process?

● **CONSIDER THIS**

Strengthening others is essentially the process of turning others into leaders - making people capable of acting on their own initiative. A positive cycle is created as power and responsibility are extended to others and as people respond successfully.

Leaders strengthen others when they make it possible for people to exercise choice and discretion, and when they foster accountability and responsibility that compels action.

As people assume more responsibility, leaders can expend more energy in other areas, enhancing their own sphere of influence and bringing additional knowledge and skills back to the group to be distributed once again among the group members.

What is God saying to me?

● **LET'S PRAY**

● **REAL LIFE STORIES OF GOD'S POWER**



Two years ago I attended [a healing] meeting. I had had back pain for more than 20 years and I got healed that evening, immediately. For the past two years I have done heavy work and never had any pain. Praise God. Wilfred