



Wednesdays// 7:00 pm

The Power of a Whisper

**Session Six
Whispers of Encouragement**

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1 Sam 30:1-6: Now it happened, when David and his men came to Ziklag, on the third day, that the Amalekites had invaded the South and Ziklag, attacked Ziklag and burned it with fire, ² and had taken captive the women and those who *were* there, from small to great; they did not kill anyone, but carried *them* away and went their way. ³ So David and his men came to the city, and there it was, burned with fire; and their wives, their sons, and their daughters had been taken captive. ⁴ Then David and the people who *were* with him lifted up their voices and wept, until they had no more power to weep. ⁵ And David's two wives, Ahinoam the Jezreelitess, and Abigail the widow of Nabal the Carmelite, had been taken captive. ⁶ Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God.

Truth #1: God is Near

John 4:24: God *is* Spirit, and those who worship Him must worship in spirit and truth.

Psalms 139:7-10: Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You *are* there; If I make my bed in hell, behold, You *are there*. If I take the wings of the morning, *and* dwell in the uttermost parts of the sea, even there Your hand shall lead me, and Your right hand shall hold me.

Psalms 34:18: The LORD *is* near to those who have a broken heart, and saves such as have a contrite spirit.

Psalms 23:4: Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You *are* with me.

Truth #2: God Seeks

Isaiah 62:12: And they shall call them The Holy People, the Redeemed of the LORD; and you shall be called Sought Out, A City Not Forsaken.

Truth #3: God Speaks

Small Group Interaction:

1. 1 Sam. 30:6 says, “David strengthened (or encouraged) himself in the Lord his God.” What does that mean? How do you think he did that?
2. How has God helped you in a time of discouragement or despair?
3. What would you recommend someone do, who is in a state of depression or discouragement?
4. An old hymn states: “O what peace we often forfeit, O what needless pain we bear, all because we do not carry everything to God in prayer.” Name a time of suffering in your own life that you believe may have been “needless”.