



Grace Fellowship of Morehead, KY

905 Clearfield Street * Morehead, KY 40351 * (606)776-7089 * www.gracemorehead.org

D-E-S-T-R-O-Y-I-N-G

DISCOURAGEMENT

Message preached on Sunday Morning, November 9, 2025

Two of the most detrimental/dangerous things for a child of God to allow into their lives:

1.) Bitterness/Unforgiveness/Resentment

This isn't usually hard to detect. Kinda sticks out like a sore thumb.
It is an obvious poison that eats aggressively at you.

2.) Discouragement/Disappointment/Frustration

This comes down to not being able to deal with loss or disappointment in life. Simply put...
discouragement.

This one is much more sneaky...doesn't stick out as much.
Often it comes clothed as humility (whoa is me)...but if it goes unchecked will lead you into
unbelief...we will see that in a bit.

One of the dangers of discouragement is that things are not turning out like you plan...so you work
harder...get more busy...trying to fulfill those goals.

That is not the answer.

We can also do a good job of acting...disguising ourselves as if everything is okay. Meanwhile it is
secretly eat away at your confidence. (leads to apathy)

Discouragement can come from:

- * Unfulfilled plans or goals.
- * Assumed failures or real failures of friends and those closest.
- * Personal set-backs.
- * Feeling overwhelmed...the world is against you.

BELOVED: What do you do at this point?

Taking a Look at David

In 1 Samuel we see the account of a powerful man of God...starting from the point of a young man of
God. David.

Starting in his father's fields, watching the sheep, singing songs and practicing with his weapons.

Then he is anointed KING! What would go through YOUR head at that point. Soon and very soon, I am
going to be the king!

We know the story: David is to bring food to his brothers and the king...steps in during a showdown with
Goliath...actually steps in liberates Israel. ***Basically helping Saul save face!***

You would kind of think Saul would be somewhat grateful...except that something happens.

1 Samuel 18:6-12

6 And it came to pass as they came, when David was returned from the slaughter of the Philistine,
that the women came out of all cities of Israel, singing and dancing, ***to meet king Saul, with
tabrets, with joy, and with instruments of musick.***

NOTE: This is how it was to be...praising Saul.

7 And the women answered one another as they played, and said, ***Saul hath slain his thousands, and David his ten thousands.***

NOTE: This is NOT how it was suppose to be.

8 And Saul was very wroth, and the saying displeased him; and he said, They have ascribed unto David ten thousands, and to me they have ascribed but thousands: and what can he have more but the kingdom?

9 And ***Saul eyed David from that day and forward.***

10 And it came to pass on the morrow, that the evil spirit from God came upon Saul, and he prophesied in the midst of the house: and David played with his hand, as at other times: and there was a javelin in Saul's hand.

11 ***And Saul cast the javelin; for he said, I will smite David even to the wall with it. And David avoided out of his presence twice.***

12 And Saul was afraid of David, because the LORD was with him, and was departed from Saul.

Saul wanted David around (made him a commander of armies) for what David could do for him. Yah, sound familiar.

David saved Saul's face.

But he became a threat...Saul wanted him dead.

1.) So, Saul (the king) rejected David.

That is kind of a bummer. The man who is in charge of Israel...rejects him.

He wants him dead.

Because of this it took David 10 to 15 years to step into any kind of throne (Judah...7 1/2 years later for all of Israel).

SO, David goes on the run...hides in the Cave of Adullam.

God brings him HIS mighty men! :-) Kind of a funny thought.

Everyone who was in debt, distress or discontent was brought to David.

REMEMBER: Last week with Gideon being a mighty man of valour!

These guys were anything but mighty men...but these were the men God gave him to build an army (church).

FINALLY, he goes to save a city in Judah (Keilah) from a Philistine's raid and is thinking about hanging around for a bit, but enquires of the Lord.

1 Samuel 23:10-13

10 Then said David, O LORD God of Israel, thy servant hath certainly heard that Saul seeketh to come to Keilah, to destroy the city for my sake.

11 Will the men of Keilah deliver me up into his hand? ***will Saul come down, as thy servant hath heard?*** O LORD God of Israel, I beseech thee, tell thy servant. And the LORD said, ***He will come down.***

12 Then said David, ***Will the men of Keilah deliver me and my men into the hand of Saul?*** And the LORD said, ***They will deliver thee up.***

13 Then David and his men, which were about six hundred, arose and departed out of Keilah, and went whithersoever they could go. And it was told Saul that David was escaped from Keilah; and he forbore to go forth.

NOTICE: He just helped these people out...but they will give him up to protect themselves from Saul.

2.) So, a whole city rejects him.

That is never good. Especially when you just helped protect them.

BELOVED: Have you ever felt like people that you JUST HELPED turn on you? I have!

David continues running...hiding...fighting...NOT killing Saul and not being killed by Saul.

There is no place that seems safe for David and his 600 men to run...so David decides to kinda make an alliance with one of Israel's enemies...in exchange for a city (1 Samuel 27:5,6 – Ziklag). David sets up home.

The Philistines are in awe of him and what he has done...so they are cool to have him on their side. He would go out and help the Philistines fight their enemies (also the enemies of Israel)...and things were going good.

UNTIL the Philistines decide to go up against Israel...apparently David was going to go with them...but the princes of the Philistines are sure that when David gets around Saul and Israel that he will team up with them and the Philistines will have NO CHANCE.

1 Samuel 29:9-11

9 And Achish answered and said to David, I know that thou art good in my sight, as an angel of God: notwithstanding the princes of the Philistines have said, He shall not go up with us to the battle.
 10 Wherefore now rise up early in the morning with thy master's servants that are come with thee: and as soon as ye be up early in the morning, and have light, depart.
 11 So David and his men rose up early to depart in the morning, to return into the land of the Philistines. And the Philistines went up to Jezreel.

3.) So, the Philistines reject him.

This group that he has been fighting with and helping out doesn't trust him...so they kick him out. Have you been thrown out by people who you thought were your friends? Rejected?

This is getting CRAZY...David is the anointed King of Israel...and all he is facing is rejection...by everyone he connects with.

Well, at least he has his 600 might men...right? There is no way they will reject him...they owe him their lives...right?

David and his men go home to Ziklag to get some good ole home cooking and enjoying their families.

HOWEVER: When they come over the ridge...they see their homes on fire and everything they owned and those they loved...gone!

1 Samuel 30:1-6 (NLT)

1 Three days later, when David and his men arrived home at their town of Ziklag, they found that the Amalekites had made a raid into the Negev and Ziklag; they had crushed Ziklag and burned it to the ground.
 2 They had carried off the women and children and everyone else but without killing anyone.
 3 When David and his men saw the ruins and realized what had happened to their families,
 4 ***they wept until they could weep no more.***
NOTE: It seems like David was involved in this too.
 5 David's two wives, Ahinoam from Jezreel and Abigail, the widow of Nabal from Carmel, were among those captured.
 6 ***David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him.*** But David found strength in the LORD his God.

4.) David is rejected by his men.

Those mighty men that God had given to him...that he had invested into...that he had turned from whiners to winners.

IMPORTANT: When people come out of something...the enemy will always try to pull them back into it.

NOTICE: Those men who came to David in debt, discontent, distressed...moved back into that place, when confronted with loss.

Hebrews 10:38,39

38 Now the just shall live by faith: but if any man draw back, my soul shall have no pleasure in him.
 39 But we are not of them who draw back unto perdition; but of them that believe to the saving of the soul.

These, seemingly, rejects that were made something rejected him.

BELOVED: What is going to happen next is going to determine the future of everyone one of these men...and David.

What they do next will be essential.

I know, for myself, that I would at least be questioning what Samuel prophesied to me...did I really hear God right? Discouragement hit David...or at least knocked at the door.

The constant rejection was catching up with him.

He had no one to his right or left to help him...what does he do?

1 Samuel 30:6b,7,8

6 And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: ***but David encouraged himself in the LORD his God.***
 7 And David said to Abiathar the priest, Ahimelech's son, I pray thee, bring me hither the ephod. And Abiathar brought thither the ephod to David.
NOTE: For the priest to put it on...and for David to hear from God.
 8 ***And David enquired at the LORD,*** saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all.

BELOVED: David didn't have anyone to turn to for encouragement.

So, he could either wallow in self-pity or he could encourage himself in the Lord.

Rubber Hits Road

BELOVED: Have you ever found yourself in this place? It seems like everyone has rejected you and the only person you can count on is yourself (and God)!

Most of our Christian life is dependent upon covenant relationships...connecting with one another...loving one another...being a body...operating as one.

TO BE HONEST there is a point (or points) in everyone's life that it comes down to you...to you stepping up and encouraging yourself.

NOTE: This is when many people allow offense and strife to enter in, because of what everyone else has or hasn't done.

IMPORTANT: This is not about independence...being on your own...it is actually about dependence on God and others.

David, perhaps, didn't like how these men and Israel had treated him...but he had a commitment to them...it was up to him to step up...not to wallow!

He encouraged himself in the Lord...strengthened himself.

The Bible doesn't give us an outline of what he did...but we can have some clues from his life.

1.) **Get in the Word. Draw into God.**

Read...then read some more.

Pray...then pray some more.

You say, "Nothing is happening!" Yes it is...keep reading.

ILLUSTRATION: The fig tree that Jesus cursed. Something was happening immediately.

You cannot consume yourself in God...His Word and His ways...without Him showing up and answering. Without changing your atmosphere...circumstances.

It may not be an earthquake or thunder...it may be a still small voice. But it will come! (see Elijah)

I heard one person say it like this: Some people say, "But I don't remember what I read." Who cares...I don't remember what I ate last month...but it still nourished me and strengthened me.

2.) Worship and Praise.

There are things that you can accomplish in praise and worship that you can't accomplish in praying. May sound wrong, but it is true.

Praise and worship can change your atmosphere in a moment.

Sometimes you need to shout...dance...clap...sing LOUD.

BELOVED: This can be on your own, at home...or it can be in church. Open up...praise Him like your life depends on it...because it may be the thing that changes your discouragement into a plan/power.

Quit waiting for the slow songs...do something that will shake the sad...shake the discouragement.

3.) Don't Disconnect.

David could have easily just walked away...but he stayed.

BELOVED: I know this may sound like I am talking against myself...but I am not.

You don't always have to discuss your problems with everyone...discuss it with God. Just be around them.

Sometimes, people get so used to sharing their problems with everyone that it is all they do is share problems...it becomes their identity.

BELOVED: Learn to just be around those who sharpen you...sharpen them. Serve them. Love them.

Every baby in the family is served by everyone else...big kids want to do it themselves.

Quit taking days off from the body of Christ. Invest into the body of Christ.

Conclusion

So, David looks at his mighty men and says, "Let's go get our stuff back."

And the men go.

This was a defining moment for them too.

2 Samuel 23 tells of many of the exploits of these men...it would have never happened if they would not have gotten up and gone.

Does anyone know what happened immediately after chapter 30? Yup...chapter 31...Saul dies. David becomes king of Judah (after 10 to 15 years of rejection).

BELOVED: You may be living in discouragement...disappointment...frustration – and you have been waiting for something to change.

It is time for you to encourage yourself...step up and take responsibility for you and for those you have been put in charge of.