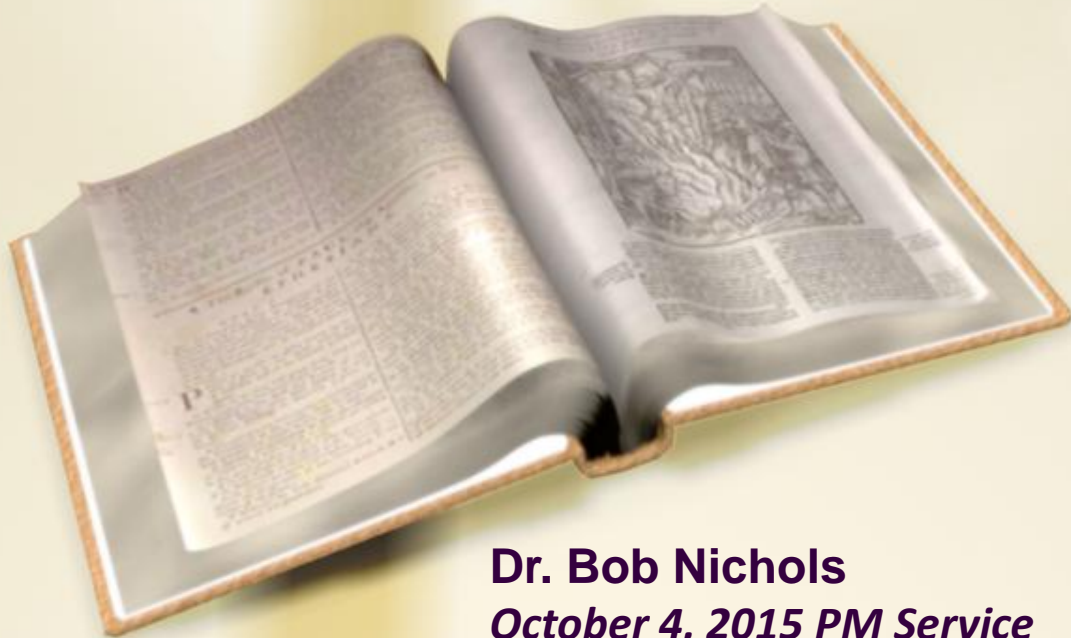


# Handling Ultimate Stress



**Dr. Bob Nichols**  
*October 4, 2015 PM Service*

1 Samuel 30:1-17, Acts 1:8,  
1 Thessalonians 5:17,  
1 Timothy 2:8, Luke 18:1,  
Colossians 4:2, Philippians 4:6,  
Ephesians 6:18, Romans 12:12,  
Romans 8:26

# 1 Samuel 30:1

And it came to pass, when David and his men were come to Ziklag on the third day, that the Amalekites had invaded the south, and Ziklag, and smitten Ziklag, and burned it with fire;



# 1 Samuel 30:2

And had taken the women captives, that were therein: they slew not any, either great or small, but carried them away, and went on their way.



# 1 Samuel 30:3

So David and his men came to the city, and, behold, it was burned with fire; and their wives, and their sons, and their daughters, were taken captives.





# 1 Samuel 30:4

Then David and the people that were with him lifted up their voice and wept, until they had no more power to weep.



# 1 Samuel 30:5

And David's two wives were taken captives,  
Ahinoam the Jezreelitess, and Abigail the wife of  
Nabal the Carmelite.



# 1 Samuel 30:6

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.



# 1 Samuel 30:7

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.





# 1 Samuel 30:8

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.



**It is better to die  
in faith than in  
fear**



**Life is a series of opportunities to allow you to stand on the word of God**



**Never stop  
encouraging yourself  
in the Lord**





# Encouraging yourself

1. Remember how God helped you
2. Praise tapes
3. Rejoice in the Lord



# Acts 1:8

**But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.**



**We Need to  
recapture the  
power of prayer**



# 1 Thessalonians 5:17

Pray without ceasing.





# 1 Timothy 2:8

I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.



# Luke 18:1

And he spake a parable unto them to this end, that men ought always to pray, and not to faint;



# Colossians 4:2

Continue in prayer, and watch  
in the same with  
thanksgiving;



# Philippians 4:6

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.





# Ephesians 6:18

Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;



# Romans 12:12

Rejoicing in hope; patient in tribulation; continuing instant in prayer;



**There are prayers that  
you pray and prayers  
that you say**



# Prayer of groanings that cannot be uttered





# Romans 8:26

Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.



# Start looking for your Egyptian in the field



# Start looking for your Egyptian in the field



# 1 Samuel 30:11

And they found an Egyptian in the field,  
and brought him to David, and gave  
him bread, and he did eat; and they  
made him drink water;





# 1 Samuel 30:12

And they gave him a piece of a cake of figs, and two clusters of raisins: and when he had eaten, his spirit came again to him: for he had eaten no bread, nor drunk any water, three days and three nights.



# 1 Samuel 30:13

And David said unto him, To whom belongest thou? and whence art thou? And he said, I am a young man of Egypt, servant to an Amalekite; and my master left me, because three days ago I fell sick.



# 1 Samuel 30:14

We made an invasion upon the south of the Cherethites, and upon the coast which belongeth to Judah, and upon the south of Caleb; and we burned Ziklag with fire.



# 1 Samuel 30:15

And David said to him, Canst thou bring me down to this company? And he said, Swear unto me by God, that thou wilt neither kill me, nor deliver me into the hands of my master, and I will bring thee down to this company.





# 1 Samuel 30:16

And when he had brought him down, behold, they were spread abroad upon all the earth, eating and drinking, and dancing, because of all the great spoil that they had taken out of the land of the Philistines, and out of the land of Judah.



# 1 Samuel 30:17

And David smote them from the twilight even unto the evening of the next day: and there escaped not a man of them, save four hundred young men, which rode upon camels, and fled.

