

FAMILY DEVOTION

RUNNING FOR YOUR LIFE "Strength From The Lord"



"I Can Find Strength In The Lord!"



"...But David found strength in the Lord his God." - 1 Samuel 30:6b

SAY:

It's easy to feel defeated sometimes - especially when it seems like everything is going wrong.

Have you ever had one of those days or weeks - when it seems like every bad thing that could possibly happen happens to you? And just when you think surely nothing else could go wrong, one more thing happens that sends you into depression. You feel defeated.

David experienced that too! Let's see how he handled it...

READ:

1 Samuel 30

DISCUSS:

- What was David suffering from?
- What was happening to David's home base when they returned?
- How did David respond?
- Who did David and his men battle against?

SAY:

David learned that just like bad things happen to bad people, bad things also happen to good people! The truth is - in this world, we will have troubles and hard times. It's a part of life. David didn't allow his problems to get him down and depressed. Instead, he chose to find his strength in God. When you worship God, He gives you the strength you need to make it!

PRAY:

Pray that God will help your children turn their eyes upon Him. Then, play some worship music and lead your kids in worship for a few minutes, giving God the praise He deserves.