Shalom! Welcome, let us study the Word of God together.

There are difficult seasons every Christian will face—times of trials, tears, and hardships. These moments do not mean that God has abandoned you. Rather, they are part of our walk of faith. Scripture reminds us:

> "...that no one be moved by these afflictions. For you yourselves know that we are destined for this. For when we were with you, we kept telling you beforehand that we were to suffer affliction, just as it has come to pass, and just as you know."
> *(1 Thessalonians 3:3–4, ESV)*

So what should you do when you face trials or persecution—even when you know you are standing firm in the faith and have not turned back?

There is only one answer: Stand your ground and move forward. Do not give up! Tears may come, but tears alone cannot carry you through. What you need is courage and strength in the Lord

to press on.

Learning from David’s Example

Before David became king, he faced one of the darkest moments of his life. Scripture tells us that when he returned to his city of Ziklag, he found it destroyed by the Amalekites, his wives and the wives of his men taken captive, and all their possessions stolen.

> “And when David and his men came to the city, they found it burned with fire, and their wives and sons and daughters taken captive. Then David and the people who were with him raised their voices and wept until they had no more strength to weep.”
> *(1 Samuel 30:3–4, ESV)*

Even David’s two wives had been captured (v. 5). After the men wept until no strength was left, things got even worse—his own men spoke of stoning him in their grief. Yet the Bible says something powerful:

> “...But David strengthened himself in the LORD his God.”
> *(1 Samuel 30:6, ESV)*

Instead of remaining in despair, David turned to the Lord, sought His guidance, and was told to pursue the enemy. With God’s help, David defeated the Amalekites and recovered everything that had been taken (vv. 17–19).

The Power of Strengthening Yourself in the Lord

Beloved, there will be times when you feel drained and hopeless, but that is precisely when you must strengthen yourself in the Lord. As Paul wrote:

> “...For when I am weak, then I am strong.”
> *(2 Corinthians 12:10, ESV)*

If David had only continued weeping without seeking God, he

would have lost everything. But because he found strength in the Lord, he rose up in faith and saw God’s deliverance.

Applying This in Our Lives

- If you are facing health challenges—strengthen yourself in the Lord. Continue in prayer, live with courage as though you are healed, and you will witness God’s wonders.

- If you are going through family struggles—strengthen yourself in the Lord. Keep praying, seek God’s wisdom, and He will make a way.

- If your children or marriage are in crisis—do not despair, but take courage in the Lord.

- If your ministry is under attack—strengthen yourself in the Lord and press forward.

- If your finances are under trial—strengthen yourself in the Lord, keep praying, and trust Him to open doors. No matter how long it takes, remember trials are temporary, but the courage you show in the Lord is what carries you through.

Final Encouragement

May the Lord help us to always remember that our strength is not in ourselves but in Him. When we strengthen ourselves in the Lord, He gives us the power to overcome, just as He did for David.

> “Let us not grow weary of doing good, for in due season we will reap, if we do not give up.”
> *(Galatians 6:9, ESV)*

Beloved, share this good news with others. And if you have not yet received Jesus Christ into your life, we invite you to open your heart to Him today—He is ready to give you new life, hope, and strength.

The Lord bless you.

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