



LESSON 3 // STRENGTHEN ME

Big Idea: We all experience significant pressures in our lives, and we need strength to navigate these challenges. Like David in 1 Samuel 30:6, we need to “find strength in the Lord” to fully engage in His plan for our lives and to resist the enemy who seeks to thwart this plan. God’s strength is available to each of us and it empowers us to do more than we could with our own strength.

1 Samuel 30:1-6 (NLT) *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. 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.*

Start Talking:

How hard is it for you to admit your weaknesses to others? Why do you think this is often difficult for many of us? What are some of the benefits of acknowledging your weaknesses?

Start Thinking:

Read James 1:22 and 4:7. What kind of strength does it take to fulfill the commands in these verses?

Read 1 Samuel 30:6 and Psalm 73:26. What does it mean to find your strength in the Lord your God? In what ways is prayer a vital part of this?

Read Matthew 19:26 and 28:19-20. How does Jesus’ authority help you as His follower accomplish His mission in your life?

Read 2 Corinthians 12:9-10 and Philippians 4:13. How do these verses encourage you today? How should they make a difference in your daily walk with the Lord?

Start Praying and Doing:

This week memorize Philippians 4:13, identify an area where you feel weak in living for God’s purposes and pray for His strength to empower you. Look for opportunities to exercise His power when you feel weak, and let others know how you are finding strength in the Lord your God.