

When You Feel Like You Can't Go On Anymore

What do you do, when you're trying to do the best you can, and after you've done all you know to do, your best is not good enough, and you still seem to fail. Things never seem to work out the way you want them to. You get tired of trying over and over again and still failing at what you do. You have feelings of hurt, doubt despondency and even sometimes wanting to give up at life. Sometimes even believing there's no reason to keep trying. What do you do!? This message is for you!

We will learn from the life of David. He came to such a point in life where all seemed lost and then doing what he thought was best things only got worse. We will learn from his life because the Bible tells us in first Corinthians 10:11-12 regarding the Old Testament individuals;

1 Corinthians 10:11–12 (NKJV) — 11 Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come. 12 Therefore let him who thinks he stands take heed lest he fall.

1 Corinthians 10:11–12 (The Message) — 11 These are all warning markers— DANGER!—in our history books, written down so that we don't repeat their mistakes. Our positions in the story are parallel—they at the beginning, we at the end—and we are just as capable of messing it up as they were. 12 Don't be so naive and self-confident. You're not exempt. You could fall flat on your face as easily as anyone else. Forget about self-confidence; it's useless. Cultivate God-confidence.

When we think of the life of David, most of us think about his victory over Goliath or his irresponsible act of adultery with Bathsheba. But there are many more things to learn from the life of David. He had many low points in his life, but it is from one low point that we will reveal an important lesson he learned that guided him throughout the rest of his life. This lesson gave him the way for him to gain victory time and time again in life's depressing situations no matter how overwhelming they may have seemed at the time he experienced them..

We will evaluate a certain period in the life of David. A time when he felt tremendously depressed and discouraged so that we may learn the lessons that he learned about how to overcome life's sometimes terrible situations and live life in a more successful manner. Remember, the things that happen to the people in the Bible are examples for us and are written for our admonition. By admonition we mean the examples in the Bible are for our counsel and warnings of how to avoid the errors that they made.

Listen to me and let me tell you what I have learned. It is not about us! All things are about God! When you come to that point in your life, and you will, let not your hearts be troubled or discouraged. Always remember that God is always faithful. He said he would never leave you and that he would never forsake you. No matter how desperate you get, there is always a way out for you.

What we will learn from David today;

When You Feel Like You Can't Go On Anymore Just Give Up...

And Trust God

- I. The beginning of his fall.
1 Samuel 27:1 (NKJV) — 1 And David said in his heart, "Now I shall perish someday by the hand of Saul. *There is nothing better for me than that I should speedily escape to the land of the Philistines; and Saul will despair of me, to seek me anymore in any part of Israel. So I shall escape out of his hand.*"
 - A. Observe the sound of desperation in his voice, "Now I shall perish someday by the hand of Saul". He is fearful and tremendously afraid for his life. The one that had defeated Goliath and had no fear as a young man has now gotten older and is afraid for his life. He feels like there's no other reason to go on and so in his desperation he makes a decision that is totally against the word of God.
 1. He decides against the word of God because he feels it's the best thing for him to do.
 2. Just like us we make many decisions that are against the written word of God. We make these decisions because the way things look it seems best to us to do what we choose to do.
 - a. Unfortunately, when we choose to do things our way that are against God's way we accelerate our destruction.
 - B. Many of us experience the same feelings David felt. We feel discouraged, desponded and down in the dumps. We feel life has dealt us a bad hand and there seems to be no way out. We feel all is lost and there is no hope for us. And more importantly there is no one to help us out.
 1. It is not unusual in the life of a human being. We see the same thing happen to Abraham, Isaac, Jacob, Elijah, Jonah and Job just to name a few. They had their bouts with depression and feelings of hopelessness. Such things are nothing unusual in many of the examples we have in the Bible. It is the same for many of us even now.
 2. Remember however, we have been given these examples so that we may learn how we shall respond in similar situations today.
 - C. One of the first lessons we can learn from this great man of God is the initial phrase, "and David said in his heart".
 1. From this we see his brokenness and his evaluation of things are from his perspective.
 - a. He is seeing things from his feelings in his emotions
 2. He has acknowledged in his own heart. He is failing to recognize what his God has said by the anointing of the man of God in his life;

- a. Sometimes we forget the anointing that God has placed upon our lives by the impartation of the Holy Spirit and the word of God that says that we are children of God and more than conquerors through Christ Jesus. It is this failure to remember that causes us to make choices without considering God that lead to distressing challenges in our life.
3. It is the words of Jesus to tell us how we are going to be successful in this life and overcome the obstacles and hurdles that we face.
Matthew 16:24 (NKJV) — 24 Then Jesus said to His disciples, “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.

25 For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it. 26 For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?

- a. It is the fault of David to deny himself and trust God that will lead him into even more distressing situations because he is seeking to save his life without regard to the word of God.
- b. Such is the case with us. it is vitally important that we learn to let the mind of Christ be in us rather than our own way of thinking.
- c. We must learn to practice dismissing self so that we may experience life to the abundance the way that God desires for us to experience it.
4. It is from David's way of thinking that he makes a choice that he thinks is the best choice for his life in spite of the word of God.
 - a. Many of us make choices for our life that we think is best for us. But as we shall soon see our way of thinking will betray us sooner or later. It is just a matter of time.
 - (1) Therefore, we are told in Romans to conform no longer to the pattern of thinking according to the world. We are told to be transformed by the renewing of our minds.
 - (2) We must begin to understand we must not think about what is right for us. We must allow the word of God to reign as the supreme guide in our lives.
5. As a result of David's thinking he makes this critical decision; **There is nothing better for me than that I should speedily escape to the land of the Philistines;**
 - a. He decides to leave his country, his people in his father's house to go and take up safety in a nation that is enemy to God's people. It is in this place that he thinks himself safe.

- b. Very often we to make decisions that are against the will of God believing that we are making the best decision.
 - (1) We are wrong. So very wrong! When we think we are saving ourselves, we are really taking the road to destruction.

25 For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it.
 - (2) God never told him to do this. It was his will to do it and not God.

D. David finds himself in this desperate position because he has been running from Saul many years. He has done nothing wrong yet, Saul intends to kill him. He is tired. Therefore, his logical and practical decision; **“There is nothing better for me than that I should speedily escape to the land of the Philistines;”**

1. In other words he was saying, I will go to a place of safety since I cannot be safe in the place that God placed me.
 - a. I will go to another place since I am not happy where God placed me.
 - b. I will accept another job since I am not happy with the one God has given me.
 - c. I'll get a divorce, since I am not happy with the one I am married to.
 - d. Since they have the pill and condoms, I can have sex and not worry about getting pregnant nor contracting a venereal disease.
 - e. There are so many different ways we decide to do different than what God has said.
2. This is what happens to many of us. We are at the place God wants us to be but sometimes because it is an uncomfortable feeling we take matters in our own hands and go the way we want to go to try to make ourselves more comfortable.
3. David is going to do what makes him feel comfortable. It is the thing that seems right to him.
 - a. He goes to the land of the Philistines.
 - b. The enemies of God.
4. David, seeking to find peace in his own way, now goes to a place that God never called him to go to.
 - a. We need to learn from this.
 - (1) Just because we experience trouble or hardships it does not mean we are outside of God's will.
 - (2) To the contrary we may be in his perfect will (consider Job, the disciples crossing the sea at night, Jesus going to the cross).
 - b. We shall see that this decision creates even more a potentially destructive situation for him as well as his men.

- E. David does what he feels in his heart and accomplishes what he wanted to accomplish. He now for the first time receives the peace and comfort he was seeking; or so he thinks.

1 Samuel 27:2–4 (NKJV) — 2 Then David arose and went over with the six hundred men who *were* with him to Achish the son of Maach, king of Gath. 3 So David dwelt with Achish at Gath, he and his men, each man with his household, *and* David with his two wives, Ahinoam the Jezreelitess, and Abigail the Carmelitess, Nabal’s widow.

4 And it was told Saul that David had fled to Gath; so he sought him no more.

1. Now he is safe from Saul. But by leaving's his anointed place he opens the doors for the legions of demons from the pit of hell to attack him.

1 Samuel 27:5–7 (NKJV) — 5 Then David said to Achish, “If I have now found favor in your eyes, let them give me a place in some town in the country, that I may dwell there. For why should your servant dwell in the royal city with you?” 6 So Achish gave him Ziklag that day. Therefore Ziklag has belonged to the kings of Judah to this day.

7 Now the time that David dwelt in the country of the Philistines was one full year and four months.

2. David has made a decision, but his decision in reality, is really one of a lack of faith and not trusting God's promises.
 - a. He believed that Saul would ultimately kill him and he would never be king as God had promised
 - b. He left the land God had said he would rule over and went to the side of the enemies of Almighty God and his people.
3. Let us now see what David's decision brings about for himself and for his men.

- II. Now we read that David has experienced safety from Saul – what he intended – for 16 months. His decision seems to have proven itself right. But we shall learn that anytime we make a decision that is against the will of God we shall find out that challenging God will cost us dearly after a little while.

1 Samuel 30:1–6 (NKJV) — 1 Now it happened, when David and his men came to Ziklag, on the third day, that the Amalekites had invaded the South and Ziklag, attacked Ziklag and burned it with fire, 2 and had taken captive the Women and those who *were* there, from small to great; they did not kill anyone, but carried *them* away and went their way. 3 So David and his men came to the city, and there it was, burned with fire; and their wives, their sons, and their daughters had been taken captive.

4 Then David and the people who were with him lifted up their voices and wept, until they had no more power to weep. 5 And David's two wives, Ahinoam the Jezreelitess, and Abigail the widow of Nabal the Carmelite, had been taken captive. 6 Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters.

But David strengthened himself in the LORD his God.

- A. Of all of his trials this is perhaps the most distressing.
 - 1. The Amalekites burn David's city
 - 2. Imagine the image the men faced when they returned to the city after following David
 - 3. They take everyone captive: women, children
 - 4. They do not kill anyone
 - 5. The men's families are taken and they have nothing to look forward to.
 - a. They wept until they had no more power to weep
 - 6. Certainly, every man can think of his wife and daughters as being raped and abused
 - 7. The situation is so bad that David's men threatened mutiny and talk of stoning David.
- B. This is the worst of David's trials but it is from this trial that he gains a knowledge of a superior strength.
 - 1. David has no other one to turn too. He is by himself!
 - a. Think on the desperateness of his situation.
 - 2. We must not despise trials in our lives.
 - a. We must realize that God will use the trials to teach us to be closer to him.
 - 3. David is severely broken by this situation but it is in his brokenness he discovers his strength.

Psalm 34:18 (NKJV) — 18 The LORD *is* near to those who have a broken heart, And saves such as have a contrite spirit.

2 Corinthians 12:9 (NKJV) — 9 And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness."

- C. It is said that when a shepherd has a sheep that continues to stray away from him in the flock after repeated times. The shepherd will break the leg of the sheep so that it cannot walk on its own. Then the shepherd carries the sheep on his shoulders with him everywhere he goes until it's leg heals. It is these moments with the shepherd that the sheep learns the voice of the shepherd and to stay close to the shepherd. Then, when the shepherd calls the sheep comes to him.

1. Brothers and sisters, sometimes God has to break our leg so that we learn how to stay close to him.
- D. It is in this brokenness that David learns the important lesson how to strengthen himself in the Lord.
1. In a sense, just like the prodigal son, he had to come to himself and realize where his strength in his encouragement truly was.
- E. I believe the same may be true with many of us today. We open our eyes and we see devastation around us. Then, we focus our thoughts on the negative things that we fear that can come upon us and run from the safety of the shepherd.
1. Some of us see our family in ruins
 2. We see relationships that we love falling apart
 3. Our finances are a wreck
 4. But just like David and just like the prodigal, we need to have a come to Jesus meeting and come to ourselves and recognize maybe through this trial, God is preparing us for a greater mission in life.
 - a. What we need to realize is that unless we deny ourselves and come to the full reality of who God is in our lives, we will never be all that God wants us to be.
 - b. We must stop trying to save our lives by our own efforts.
 - c. We must learn to lose our lives in the word of God and learn to follow without question the perfect word of God.
- F. Unfortunately, just like David's situation, we find ourselves in a situation brought about by the choices we ourselves have made. Let me tell you, we must learn by wisdom an example of others in the Bible to stop trusting our thoughts. We must learn our thoughts are not reliable.
1. The only thing that is reliable and trustworthy is the written word of God. What God says is what is right for us!
 2. It may take some time..., let me say it again..., it may take some time but every decision that goes against the will of God will cost us sooner or later.

THERE IS NO BETTER WAY THAN THE WAY OF GOD

- III. Next, we read that after David found his strength in the Lord he then went and asked God what he needed to do.
- A. **1 Samuel 30:7-8 (NKJV) — 7 Then David said to Abiathar the priest, Ahimelech's son, "Please bring the ephod here to me." And Abiathar brought the ephod to David. 8 So David inquired of the LORD, saying, "Shall I pursue this troop? Shall I overtake them?" And He answered him, "Pursue, for you shall surely overtake *them* and without fail recover *all*."**

1. We see that after David encouraged himself he did not remain in his current situation. He sought the Lord to determine what he should do.
2. So often we find ourselves in disturbing situations and we learn to live in them.
 - a. We learn to live in a situation of lack.
 - b. We except it as normal.
 - c. We wallow in our mess and we let other people know how terrible things are for us
 - d. This is not what David did. He encouraged himself in the Lord and then he went to him to submit to him to know what to do

1 Samuel 30:17–19 (NKJV) — 17 Then David attacked them from twilight until the evening of the next day. Not a man of them escaped, except four hundred young men who rode on camels and fled. 18 So David recovered all that the Amalekites had carried away, and David rescued his two wives. 19 And nothing of theirs was lacking, either small or great, sons or daughters, spoil or anything which they had taken from them; David recovered all.

1. Then a short time later David was anointed king over Judah. It seems as though when he was at his lowest point when he recognized that he needed to submit to the Lord completely he was one step away from the crowning achievement that God wanted him to have all along but he had to do it God's way.
 - B. Perhaps you are in the same situation the David found himself at Ziklag. everything seems to be a wreck. You may be at your lowest point but that lowest point is not too low that God cannot lift you high!
 1. Therefore, I pray that you will yield to this message and put into practice the word you have heard so that your mess that you find yourself in today will become your message for tomorrow!
 - C.
- II. Now, let me give you 5 simple steps that we see in this scripture you may take to encourage yourself in the Lord and experiential deliverance regardless to how much despair the world may present to you.
- A. DENY YOUR SELF AND YOUR WAY OF VIEWING THE SITUATION**
 1. You must recognize that you are helpless in this situation and have always been helpless on your own you are not now Nor have you ever been the master of your destiny. Unless the Lord builds the house they that labor, labor in vain.
 - B. MEDITATE UPON GOD'S GOODNESS IN THE PAST.**
 1. When things seem bad, when you're down and troubled remember all that God has done for you. Remember the paw of the lion or the bear. Remember how God has brought you out before. Count your blessings and see God's faithfulness to deliver you before.

2. Think of how God has always delivered his people and never failed them.
 - a. Think of how he delivered the people in the past in the Bible
 - b. Name some who God has delivered...
 - (1)
 - (2)

C. MEDITATE UPON WHOSE CHILD YOU REALLY ARE IN THE PRESENT.

1. Remember the love he has bestowed upon us. Remember what he did to deliver us in our helpless situation with sin. Remember his words, "I will never leave you nor forsake you." Remember his words that we are called children of God. Recognize that he delivered Israel because Israel was his son and he is the same God that will deliver you as his child today.

D. MEDITATE UPON THE FAITHFULNESS OF GOD FOR THE FUTURE

1. Remember if God never changes, what he did before is what he will do tomorrow. Remember his promise given in so many places in Scripture, "I will be with you".
2. God will be with you through every trial you go through.
3. When David thought
 - a. of how good God had been to him in the past
 - b. and the promises that God had made to him in the past regarding his future
 - c. he was encouraged to know that the God of yesterday was also the God of today in the God of tomorrow.
 - d. He chose not to remain in a depressed state but to go to God to learn what he must do to change his situation.
4. We too must learn from David the next step and don't become discouraged to stay in our mess.
5. Step 5

E. DENY YOURSELF AND TRUST GOD ENOUGH TO BE A DOER OF HIS WORD

1. Simply put, "Believe in the word of God and be a doer of it!"
2. Stop being passive in allowing situations to enslave you. Remember Jesus said that if you hold to his word you will know the truth and the truth will make you free. It is God's will that you be free!