

## David pt6 – From Loss To Recovery

Pastor John Carmichael

[1Sa 30:1-8, 18-19 NASB95] 1 Then it happened when David and his men came to Ziklag on the third day, that the Amalekites had made a raid on the Negev and on Ziklag, and had overthrown Ziklag and burned it with fire; 2 and they took captive the women [and all] who were in it, both small and great, without killing anyone, and carried [them] off and went their way. 3 When David and his men came to the city, behold, it was burned with fire, and their wives and their sons and their daughters had been taken captive. 4 Then David and the people who were with him lifted their voices and wept until there was no strength in them to weep. 5 Now David's two wives had been taken captive, Ahinoam the Jezreelitess and Abigail the widow of Nabal the Carmelite. 6 Moreover David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and his daughters. But David strengthened himself in the LORD his God. 7 Then David said to Abiathar the priest, the son of Ahimelech, "Please bring me the ephod." So Abiathar brought the ephod to David. 8 David inquired of the LORD, saying, "Shall I pursue this band? Shall I overtake them?" And He said to him, "Pursue, for you will surely overtake them, and you will surely rescue [all.]" ... 18 So David recovered all that the Amalekites had taken, and rescued his two wives. 19 But nothing of theirs was missing, whether small or great, sons or daughters, spoil or anything that they had taken for themselves; David brought [it] all back.

- In a fallen world, loss happens. Loss feels forever. It is temporary.
- David experienced a loss on his way to the throne. His loss was painful but temporary. He recovered.

**What does the road from loss to recovery look like?**

**Here are five essential ideas to know about going from loss to recovery.**

### **I. It's OK to weep.**

- a. [1Th 4:13 NASB95] 13 But we do not want you to be uninformed, brethren, about those who are asleep, so that you will not grieve as do the rest who have no hope.
- b. It is OK to weep for a loss. [Jhn 11:35 NASB95] 35 Jesus wept.
- c. Maybe David had backslidden. Maybe he was reaping what he had sown.
- d. Repentance. [Luk 18:9-14 NASB95] 9 And He also told this parable to some people who trusted in themselves that they were righteous, and viewed others with contempt: 10 "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. 11 "The Pharisee stood and was praying this to himself: 'God, I thank You that I am not like other people: swindlers, unjust, adulterers, or even like this tax collector. 12 'I fast twice a week; I pay tithes of all that I get.' 13 "But the tax collector, standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, 'God, be merciful to me, the sinner!' 14 "I tell you, this man went to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."
- e. Give yourself permission to appropriately weep for a loss.

### **II. Learn to strengthen yourself.**

- a. [Eph 6:10 NASB95] 10 Finally, be strong in the Lord and in the strength of His might.
- b. Getting encouragement from others is welcome. [1Sa 23:16 NASB95] 16 And Jonathan, Saul's son, arose and went to David at Horesh, and encouraged him in God.
- c. Sometimes, we have to encourage ourselves.

### **III. Keep seeking God for the next step.**

- a. David sought God after a significant loss.

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- b. There is a tendency in people to ignore God during loss.
- c. [Jer 33:2-3 NASB95] 2 "Thus says the LORD who made [the earth,] the LORD who formed it to establish it, the LORD is His name, 3 'Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.'
- d. Call on God even when things do not make sense.

### IV. Never stop pursuing what God has promised you.

- a. David could have just quit on God. No miracles were happening. In fact, nothing God promised him had happened yet.
- b. [1Co 15:58 NASB95] 58 Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not [in] vain in the Lord.
- c. Even in loss, keep going.

### V. Expect to recover.

- a. [2Co 2:14 NASB95] 14 But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place.
- b. Loss is not forever. IT AIN'T OVER.

- **God wants us to go from loss to recovery.**