

"I Can Do BETTER All By Myself!"

Gather & Grow / January 28, 2026 / Dr. Chris Williamson

Intro: Last week, we learned how David needed encouragement. **I Samuel 23** described how David was losing his strength because he grew weary running from Saul, hiding in the wilderness, and taking of 600 soldiers and their families.

Thankfully, David's friend Jonathan encouraged him by 1) Going to him; 2) Acknowledging his pain; and 3) Speaking life to him. Today in **I Samuel 30:1 – 6**, David finds himself in need of encouragement once again, but this time Jonathan is not there. Therefore, David has to **encourage himself** in the Lord.

Do you know how to encourage yourself in the Lord? Do you know how to **get better** and **be better all by yourself** when the situation demands this kind of resiliency? If not, may today's study give you some of the necessary tools to encourage yourself in moments when the only Person with you is the Lord Himself.

Psalms 30:1 – 6, *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, 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. 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. Then David and the people who were with him lifted up their voices and wept, until they had no more power to weep. And David's two wives, Ahinoam the Jezreelitess, and Abigail the widow of Nabal the Carmelite, had been taken captive. 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.*

Notes from the passage:

Chat Room Question: What kinds of things do you do to encourage yourself in the Lord?

Here are Three Questions to Consider:

1 Why is it not wise to be an **independent** Christian? _____

2 Why is it not healthy being a **co-dependent** Christian? _____

3 Why is it a good thing being an **interdependent** Christian? _____

Galatians 6:1 – 5, *Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ. For if anyone thinks himself to be something, when he is nothing, he deceives himself. But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. For each one shall bear his own load.*

Notes from the passage:

Chat Room Question: Can you share a time when you were all alone (or you felt alone) and you had to carry your own load by yourself? What did you learn?

Wrap Up: We don't grow best when we're independent or co-dependent Christians. The truth is, we flourish through interdependence. Even still, God will arrange things in our lives where we will find ourselves in situations where there will be no one there with us or for us but the Lord. It's in these times where we must learn how to encourage ourselves in Him.

Chat Room Prayer Time:

- How can we pray for you? (The zoom will cut off at 8:05 pm)