

HELP LORD!

Part 3: Help In The Low Times

LOW TIMES HAPPEN

- ❖ **No one immune**
 - ◆ Dealing with loss
 - ◆ Dealing with disappointment
 - ◆ Dealing with people problems
- ❖ **God can help you during a low time (*Psalm 145:14 NLT*)**
 - ◆ He is not disappointed with you or aloof and out of touch
 - ◆ You can learn how to connect with Him

COMING OUT OF A LOW TIME (*1 Samuel 30:1-6 NLT*)

- ❖ **Even the strongest among us have low times**
 - ◆ David was Israel's greatest warrior and leader
 - ◆ The loss of family and home impacted him hard
- ❖ **David received strength in a low time**
 - ◆ Strength is help - the ability to deal with a negative situation in a positive way
 - ◆ He was able to get alone with God and get back on track
- ❖ **David became strong enough to move forward (*1 Samuel 30:8-9 NLT*)**
 - ◆ aggressive prayer - we can tell he was in a better place
 - ◆ Help came in the form of a plan; a strategy - He and his men moved toward the enemy
 - ◆ God continued to help them - they got back more than they lost

HELP FOR YOU IN THE LOW TIMES

- ❖ **Don't go when you're low**
 - ◆ David's men loved him - but they talked of killing him
 - ◆ Bad decisions are often made when we are at our lowest
 - ◆ Make the focus on getting to a better place
- ❖ **Learn to receive help from the Lord**
 - ◆ Help often comes from others (*2 Corinthians 7:6 NLT*)
 - ◆ Don't refuse the help when it comes your way - beware the self pity trap
 - ◆ You can learn to encourage yourself in God (*Psalm 138:3 NKJ*)
- ❖ **You can become strong enough to move forward**
 - ◆ Believe you are not in this walk alone (*Psalm 23:4 NLT*)