

## I. Why we ask: "why me God"?

- Often, as Christians we feel we should be exempt from troubles.

**Matthew 5:44-45** (NIV) But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.

- Often, God is blamed for our troubles.

**James 1:12-13** (NIV) When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each one is tempted when, by his own evil desire, he is dragged away and enticed.

## II. How to deal with difficult circumstances?

### The story of Ziklag: I Samuel 30: 4-19

#### 1. It is healthy to grieve.

**I Samuel 30:4** (NIV) So David and his men wept aloud until they had no strength left to weep.

**Psalms 30:5** (NIV) weeping may remain for a night, but rejoicing comes in the morning.

#### 2. Find your strength in the Lord.

**I Samuel 30:6** (NIV) David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.

#### 3. Seek guidance from God.

**I Samuel 30:8** (NIV) and David inquired of the LORD, "Shall I pursue this raiding party? Will I overtake them?" "Pursue them," he answered. "You will certainly overtake them and succeed in the rescue."

#### 4. Hold on to God's Promises.

**Isaiah 41:10** (NLT) Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

**1 Corinthians 10:13** (Message) No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it

#### Your reward will come.

**I Samuel 30:18-20** (NIV) David recovered everything the Amalekites had taken, including his two wives. Nothing was missing: young or old, boy or girl, plunder or anything else they had taken. David brought everything back. He took all the flocks and herds, and his men drove them ahead of the other livestock, saying, "This is David's plunder."