

GOOD MENTAL HEALTH

#1 Becoming Strong / 1 Samuel 30

David's life before he was king sometimes looks like an incredibly lonely journey. In fact many Psalms record David's apparent weakness during these days on the run from Saul; Psalms 7, 27, 31, 34, 52. The story of 1 Samuel 30 is the culmination of this time in David's life, and in it we discover a great lesson for good mental health.

Stressed, isolated, and afraid

When we are stressed, isolated, and afraid we often make decisions that are unwise, ungodly, and unnatural.

1 Samuel 30:1-6 (NKJV) ~ 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 lot of different people in this chapter were exhausted! David's men were not spiritual men (1 Samuel 22:1-2), and they did not know who to strengthen themselves. They were tough, and they were angry, and they knew how to fight! But when this new crisis came they were just a hot mess of weakened weeping men.

What brought David, his men, and the Egyptian servant to such an incredibly low place? How did each hope to change the situation? What are some healthy and unhealthy ways people try to strengthen themselves?

Searching for inner strength

It's too late to become strong the moment evil comes. When evil comes we often run to get counsel from our spouses, our bosses, our parents or our friends, and sometimes this really helps because we get to transfer a bunch of your stress and anxiety into their lives. But often we are not actually being strong ourselves.

Eventually we need to talk to Someone who doesn't get stressed and afraid, and David did this. Before, during, and after the story of 1 Samuel 30 David was mentally and spiritual strong because he constantly strengthened himself in the Lord.

Good spiritual habits enable good mental health

Good mental health is the result of becoming strong on the inside. The New Testament says a lot about this: Galatians 6:6-9, Ephesians 3:14-19, Philippians 4:6-9, and Colossians 3.

On your journey to good mental health learn to talk to God and yourself in healthy ways by familiarize yourself with these meditations by David.

David knew how to talk to God.	David knew how to talk to himself.
<i>Psalm 16:1-3, 8-11</i>	<i>Psalm 4:1-4</i>
<i>Psalm 18</i>	<i>Psalm 37</i>
<i>Psalm 19</i>	<i>Psalm 42 & 43</i>
<i>Psalm 23</i>	<i>Psalm 63</i>
<i>Psalm 27:1-3</i>	<i>Psalm 73 & 77 (Asaph)</i>
<i>Psalm 40</i>	<i>Psalm 103</i>