

# Bounce Back From a Place of Strength

## **LOSS HAS IMPACT** (1 Samuel 30:3-8 NKJ)

- David suffered major losses and felt it
  1. His possessions, his people, and his position as leader
  2. Caused him to weep and be greatly stressed
- We all face loss/lack, and it impacts us
  1. Possessions - material good or lack of funds
  2. People - loss or change of relationships
  3. Position - loss of job, place of leadership, or importance

## **BOUNCING BACK IS BETTER FROM A PLACE OF STRENGTH**

- Why was David strong?
- How was he able to bounce back from such dramatic loss?
  - David had an ongoing relationship with the Lord (**Psalm 34:1-4 NKJ**)
    1. Praising God, consistently talking about God, seeking the Lord
    2. This is a great place for us to be
  - David had a relationship with God's Word (**Psalm 19:7-11 NKJ**)
    1. He knew God's Word has the ability to enlighten us and change our thinking
    2. We must change our approach to God's Word (**Hebrews 4:12 NKJ**)
  - David understood the significance of his words and thoughts (**Psalm 19:14 NKJ**)
    1. He connected his words and thoughts to his relationship with the Lord
    2. Our words and thoughts are directly connected to our inner strength
    3. Talking and thinking about the loss does not help us bounce back (**Proverbs 18:21 NKJ**)

## **HOW YOU CAN TELL YOU ARE BOUNCING BACK**

- David shifted from weeping about the problem to praying about the solution
  1. Shall I pursue - a solution-minded prayer
- When we move from soaking in the problem to solving the problem
  1. When we are soaking in the problem, we think and speak from a weaker place
  2. When we are solving the problem, we are thinking on another level (**Psalm 18:39 NLT**)