

**Great Increase in Times of Distress**

**Key to do Great Exploits in midst of Distress**

Go back in time -bring you to a very special – famous cave – Adulam – refuge

Sacred – darkest hr – but just the beginning – great breakthru 1 Samuel 22:1-5

1 David left Gath and escaped to the cave of Adullam. When his brothers and his father's household heard about it, they went down to him there. 2 All those who were in **distress or in debt or discontented** gathered around him, and he became their leader. About four hundred men were with him.

3 From there David went to Mizpah in Moab and said to the king of Moab, "Would you let my father and mother come and stay with you until I learn what God will do for me?" 4 So he left them with the king of Moab, and they stayed with him as long as David was in the stronghold.

Gad the prophet with them 1 Sam 22:5 But the prophet Gad said to David, "Do not stay in the stronghold. Go into the land of Judah." So David left and went to the forest of Hereth.

A priest joined them – all of them – real distress – esp Abiathar – Saul killed all the priests – food for David -

20 But Abiathar, a son of Ahimelech son of Ahitub, escaped and fled to join David. 21 He told David that Saul had killed the priests of the LORD.

All that David has - these **400 – distress** (real trouble) – **debts** (probably becoss

Saul's oppression) – **discontented** (not fulfilled and satisfied)

**What is the key that bring the 400 out of their misery?**

Key – **secret?**  
Glimpse of it – read **Psa 34 – in darkness**

In the **darkness** of the huge cave - David plays the harps and worship – as he always does

At all times I will bless Him  
His praise will be in my mouth  
My soul makes its boast in the Lord

The humble man will hear of Him  
The afflicted will be glad  
And join with me to magnify the Lord

400 were **observing**  
**Chee kwai** – how come – no grumbling – abnormal – when he did best, king did the worst

**KIDS** watching – staff watching you – peo watching you – how to react – tough situation

Let us exalt His Name  
Together forever,  
I sought the Lord  
He heard me  
And delivered me  
From my fears  
Let us exalt His Name  
Together forever,  
O sing His praises  
Magnify the Lord

All 400 **joined** in  
Same presence – delivered mad king, now set the 400 free

**I. Praise empowers us to step out of our distress**

Ps 34:1 I will bless the LORD at all times; His praise shall continually be in my mouth. 2 My soul shall make its boast in the LORD; The humble shall hear of it and be glad. 3 Oh, magnify the LORD with me, And let us exalt His name together. NKJV

**His Presence - Vision** – ignited, **dreams** – birthed, **faith** – released, **hope** –born!

Acts 2:7-11

People – all over country – came to Jer – heard 120 speaking in their language

**First thing** – Holy Spirit does – **blood** shed – usher us into God's presence

11 ... we hear them **speaking** in our own tongues the wonderful works of God." NKJV

Ah Peh – Oxford graduate talking

**What** is tongue? – **speaking** wonder works of God

**Why is speaking in tongues so powerful?**

**Shape FUT** – not **fated**

Whatever will be will be – dog year – live like a dog loh – you can shape

– how world created – let there light – there was light

Some – girls – pray for your boy  
God has a **PLAN** – d plan

**Praise - enforcing** God's plan  
**Grumble – negative words** –

give d control – **permission** – enforce d's plan

**2. His Presence empowers us do great exploits**

2 Sam 23:8-21

8 These are the names of David's mighty men: Josheb-Basshebeth, was chief of the Three; he raised his spear against eight hundred men, whom he killed in one encounter.

1 spear – killed 800 – one single battle

20 Benaiah was a valiant fighter from Kabzeel, who performed great exploits. He struck down two of Moab's best men. He also went down into a pit on a snowy day and killed a lion.

**Pit – snowy day – killed a lion**

Man 2 legs – disadv – joker 4

legs

21 And he struck down a huge Egyptian. Although the Egyptian had a spear in his hand, Benaiah went against him with a club. He snatched the spear from the Egyptian's hand and killed him with his own spear.

No weapon – stick – giant – killed his spear

Notice the **exploits** very similar to one person – who? - David

**How** they become giant killers?  
**How did the 400 do the great exploits?**

Had been in the **PRESENCE** David – the Giant killer

Impt – mix w right peo  
Everything rises and falls upon the leader

Leaders **LEADS** – not drives – led by example

Psa **133** – Pray for your pastor - Pray – **pray** for yourself

You want to be **blessed** – pray ps be blessed

Pas **BLESSED** – rejoice – you will be

Don't get upset – Pas should only be getting sp riches - then

– then you will only receive sp pros  
**Shouldn't** have this that – limit yourself

**Breakthrough** new area – you next  
RLC – **factory** – rest follow

Pray – good **family** life – you will have a good family life - Not **perfect**

How many want your kid to be giant-killers? You have to be giant-

killer – good **example**

Bible – guy called Eli – judged and lost calling of High Priest

**Why was Eli judged?**

Eli was judged – entire line rejected as priest – not becoss – kids wicked – but didn't discipline 1 Sam 3:13; 2:22-24

Do offering prescribed way –

God gave best – tight and breast, want the fat – burnt offering

Sleeping with women at the Tabernacle – follow ways of world

Just say – not good – why doing all these – **LOST** calling and blessing

Don't be blurr **blurr** – know nothing of what's going on

What are some of the ways we rob our children the benefit of disciplines?

When peo tell you - don't preoccupied with

**DEFENDING** yourself –

What's wrong - **clubbing?**

- every body doing it

expose to **great RISK** - acid drug – irreversible brain damage – easy lost guard – easy on sex

Sex – **expression** of cov – blood shed (normally)

Oh – we must be **exposed** – know what it's in the world

– some experimented with sex – if they are compatible

Fact – do you have to drink poison to know if it is poison – ai – read the label

The other hand - Oh – he has a **demon**

– oh yes it's a demon ah ah ah ah

Kids happy – blame d

– sometimes, feel like saying

– this kind does not come out by prayer and fasting - **rod**

Proverbs 22:15

15 Folly is **bound** up in the heart of a child, but the rod of discipline will drive it far from him.

Deep Rev: Heb word for rod - rod

Don't have to teach kids – how to sin

**Born** – sin – self centred – first thing learned - **control**

Ah ah ah – father mum come

Not bad – try again – ah ah ah ah

I got **power** – **control** – soon think - center of universe

Baby – OK – grown up still ah ah ah – **piak**

*St AUGUSTINE* – great man of God – becos mum never give up – kept praying

Oh I cant – **love** him too much – sick of such sentimental love – love enough to disc

Proverbs 13:24

24 He who spares the rod hates his son, but he who loves him is careful to discipline him.

God loves our kids **more**

Notice – God didn't say spank – hand – symbol of love – kids confused – pain yes not torture

God so **love** – know rod used - even make that part – extra **padding**

Notice – rod not hand – God knows psychology – hand for love – sayang feeding embrace – confused

Studies shown – kids grown up without discipline feel **rejected** and **unloved**

My child **special** – feels rejected from young – sensitive – feel **rejected**

Real love – tough love produce result

Hit – **die**

Proverbs 23:13-14

13 Do not withhold discipline from a child; if you punish him with the rod, he will not die. 14 Punish him with the rod and save his soul from death.

**YOUTH: How does discipline benefit me?**

Doing him the greatest **favor**

**How does discipline save a child from death?**

Kids – to be **HANGED** came to mum

mum you don't love me

but: give me everything – that is

prob - always defend for me when I did wrong (school and scold the HM – you victimizing my child),

You didn't cane me when I committed the first offence

Oh pas – modern peo - only

**communicate** – it the democratic metd

Proverbs 29:15

15 The rod of correction imparts wisdom, but a child left to himself disgraces his mother.

**Teens** – cant wag - **arrange** a little **trouble**

If kids – into **VICES** –

pornography – clubbing, etc

Hosea 2:6 Therefore I will block her path with thorn bushes; I will wall her in so that she cannot find her way. 7 She will chase after her lovers but not catch them; she will look for them but not find them. Then she will say, 'I will go back to my husband as at first, for then I was better off than now.'

**What are the ways we can discipline teens?**

Cut **FINANCE**, take away hand phone

Kids **intimidate** – you don't trust me? – broke - chance

Answer boldly – son, I love you but becos of what you did - you have broken trust

Trust is not born or can be demanded

In the working place – same – trust can only be earned

I give you a **CHANCE** to earn trust

**YOUTH: How to earn trust?**

**What is accountability?**

How? **Responsibility** and **accountability**

This is the same everywhere – workplace etc

Accountability means: I have a right to ask you give me an account of how you use the money and time

You are free to do what you like I am also free to do what I like with my money

This is the adult way – if you want me to treat you like a kid, I will treat you like a kid – wag you

If you want me to treat you like an adult – I will treat you like an adult – responsibility and accountability

**What are some of the ways we overreact?**

Pray – ask God – **strategy** – not **overreact** - **WISOM** not reveal (CID)

**CIRCUS** – chair and lash – confuse the joker – otherwise, if the tiger knows the source of his pain, the trainer is finished

**VERNON's** nephew into vices , uncle arrange him locked up in police station few days – walk out a different man – he didn't know it is his father that puts him there

Pray for right strategy – may be just arrange trouble without letting kids know

**Consistent** - Don't play – kitchen – **firm** – 1 2 ...wag

**Supermarket** – one more time – half hr – one more time

Feel like – wagging the mum with the celery stick

Never discipline – out of **anger**

Proverbs 22:8

8 He who sows wickedness reaps trouble, and the rod of his fury will be destroyed.

Very imp: don't **over react**

Some – keep anger – **suddenly** all hell breaks loose – shout and scream

Tien tien – ai yah ... die young with you

– lost control – beat all over

**Got to shout** – lost control

Does not mean – wag all the time

When do it right – young – hardly need to use

**Quick** to catch them doing **WRONG** – exam result – C

**Wonder** why they don't enjoy being with you – no one enjoy the presence of a **fault** finder

Later – she **gives** in **first** man that propose - a man too old for her – real **jerk**

**How** come – jerk of jerk? – know how to win over heart – man you are cool

Wonder – **why?** - she was crying out for love

Yet – you have the real love – don't know how to express

Proverbs 29:17

17 Discipline your son, and he will give you peace; he will bring delight to your soul.

Oh – I cant – just want to have peace

One day – cry

Better cry now

**LOT** more to say – come class

How did **400** - ... -

became giant killers – presence of a giant killer

Pray for pastor – everything rises and falls on leadership

– blessed – every area – finance, health, relationship, children

Greatest giant killer – Jesus

David – walk – miles from Elah valley – buried skull of Goliath – Jeru – 20 mins by bus

Thousands of years later – Jesus the greater son of David – smash the head of the greater goliath

### 3. His Presence is a real present help

Ps 34:4 I sought the LORD, and He heard me, And delivered me from all my fears.

5 They looked to Him and were radiant, And their faces were not ashamed. NKJV

Psalms 46:1

God is our refuge and strength, an ever-present help in trouble.

Manifest presence

What are some of the ways we miss the manifest presence of the Lord?

Parents keeping kids at home – exams – miss – the manifest presence – to beyond their natural capacity

Deuteronomy 12:13-14

13 Be careful not to sacrifice your burnt offerings anywhere you please. 14 Offer them only at the place the LORD will choose in one of your tribes, and there observe everything I command you.

Today – common – have

fanciful weddings:

– pool or garden or may be outer space ... but no **MANI PRESENCE** – not sanctified and **SET APART** – **UNCOMMON** – for his presence, the next minute – disco – wild parties

**Proper Ch wedding** – releases the **manifest presence**

God is present everywhere – manifest presence – corporate presence

**Many places** – wont allow – sex bef

We believe – **ALL THE MORE** – couple need a proper church wedding!

But stay **APART** for 6 months  
Trust – respect – guilt – new beginning

Opport to rebuilt **TRUST - RESPECT**

Main reason for ma **breakdown** – – traced back to sex bef ma

Pre sex produces **distrust** – they think if they are so free on sex, they will be free with others

Overcome **GUILT** - Have a new **Beginning** – new creation

Grace and power  
Proper ch wedding – so that – **GRACE** and vision for new beginning – **POWER** to start afresh – holiness and purity

Not a law – if still **insist** – **OK** – as long

as **not** on **Saturdays** - ZP very busy on Saturdays

to have to travel to distant places to conduct the unusual weddings.

Amazing, many **non**-believers would like to have a proper wedding in the beautiful ch setting.

Overfamiliarity – 20 yrs - Uzza – not prescribed way – depend on own strength

### Why is a proper church wedding a great testimony?

Testimony – you are **counting** on God's strength  
**Wedding** – not just about **Romance**

New couples – come together – ask – have you **QUARREL**?  
– eyes – staring, looking blank, blinking

Quarrel – oh no – sweetie pie  
Quarrel first – see good bad ugly – still want him

Oh pas I fall in love w her – at first sight  
– saw her, I know - it is destiny in the making

Prob: sometimes - Love at first sight – usually end up – flight at first fight

Why does the sun  
When **rubber** hits the road – not the romance that sustains the marriage,

the vow at the altar – the manifest presence of God – didn't have opport – later do **REAFFIRMATION**  
Prescribe way – not mean cannot exercise creativity – **Phil 4 8**

**Whatever - noble right praiseworthy**  
– at least should **INCLUDE** – essential element – **vow** – **reverent manifest presence of God**

**TRUE FREEDOM** is not to do anything you like – do the right thing – prescribed way  
He **present** help!