

Single & Single-Again TUES NITES Meal, Message & Mixer

Loving The Life You Live

Jane Stolz and Chance Foreman's video teachings, handouts, and audio Mp3 files will be online to share with others at www.christiansinglesindenver.com

**Don't you love those times in life when you are really enjoying
God's blessings and experiencing God's joy?**

It is commonly reported that depression affects 16-18 million Americans each year!

The Scriptures teach that God intends for you to enjoy life!

*"God...richly gives us all we need for our enjoyment." 1 Timothy 6:17b (NLT)
And in John 10:10 (NLT), Jesus said, "I came to give life -- life in all its fullness."*

David

"Then David and the men with him lifted up their voices and wept until they had no more strength to weep." 1 Samuel 30:4 (Amp)

Samuel 30:6a (Amp) "David was greatly distressed, for the men spoke of stoning him because the souls of them all were bitterly grieved, each man for his sons and daughters."

I want you to sense the desperation of this dark chapter in David's life. One reason I want you to sense it is to know that you are not alone when you face feelings of desperation.

1 Samuel 30:6b (Amp) "But David encouraged and strengthened himself in the Lord his God."

Here are some practical pointers from this story on how to encourage yourself in God.

1. PUT WORSHIP BEFORE W_____
2. ASK GOD FOR D_____
3. TREAT OTHERS F_____

Discussion Questions:

What Life Challenges Are You Facing Today? Have You Lost Hope? Share what would be helpful or you think would have been helpful during that time.

What did you learn from David tonight?

The key to staying encouraged in life is to walk with God and live according to God's instructions. Why is this so difficult when we know that when we deviate from it we can lose our joy?

Pray for One Another