

**If My People, Part 4—Recover All  
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**USING THIS SERMON DISCUSSION GUIDE**

We have provided all the Scriptures references in the sermon and some discussion questions for you to use to facilitate a discussion.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together.

While the questions are important, remember your group's goal is not to get through the questions, but to create an atmosphere that will foster true friendships. Use the discussion questions as you see fit but emphasize the relationships.

**[Galatians 6:9, TPT]**

*And don't allow yourselves to be weary or disheartened in planting good seeds, for the season of reaping the wonderful harvest you've planted is coming!*

**[Galatians 6:9]**

*And let us not be weary in doing what is good: for in due season we shall reap, if we faint not.*

***We win, if we do not quit. There's a harvest of grace and fruitfulness that awaits you.***

**Fatigue: Exhaustion that comes from repeated variations of stress or levels of exertion**

**Four Phases of Disaster Fatigue:**

- 1. Rally phase.**

2. Disillusionment phase.
3. Retaliation phase.
4. Coping phase.

***God has called you to more than survival; God has called you to recover all.***

**SERMON IN A SENTENCE—**

***“The key to spiritual victory and not ‘fainting’ (that is, giving up and letting go) is burden bearing and burden sharing...Don’t fight alone.”***

***(Stand up next to somebody and transfer the weight.)***

**[1 Samuel 30:1-10]**

***Three days later, when David and his men arrived home at their town of Ziklag, they found that the Amalekites had made a raid into the Negev and Ziklag; they had crushed Ziklag and burned it to the ground. <sup>2</sup> They had carried off the women and children and everyone else but without killing anyone.***

***<sup>3</sup> When David and his men saw the ruins and realized what had happened to their families, <sup>4</sup> they wept until they could weep no more. <sup>5</sup> David’s two wives, Ahinoam from Jezreel and Abigail, the widow of Nabal from Carmel, were among those captured.***

***<sup>6</sup> David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David strengthened himself in the LORD his God.***

*<sup>7</sup> Then he said to Abiathar the priest, “Bring me the ephod!” So Abiathar brought it. <sup>8</sup> Then David asked the LORD, “Should I chase after this band of raiders? Will I catch them?”*

*And the LORD told him, “Yes, go after them. You will surely recover everything that was taken from you!”*

*So David and his 600 men set out, and they came to the brook Besor. <sup>10</sup> But 200 of the men were too exhausted to cross the brook, so David continued the pursuit with 400 men.*

## **HOW TO “RECOVER ALL”**

- 1. Strengthen yourself in the Lord by rehearsing His faithfulness and promises.**

**[Psalm 18:1-6, 30-35, 46-49]**

*<sup>1</sup> I love you, LORD;*

*you are my strength.*

*<sup>2</sup> The LORD is my rock, my fortress, and my savior;*

*my God is my rock, in whom I find protection.*

*He is my shield, the power that saves me,*

*and my place of safety.*

*<sup>3</sup> I called on the LORD, who is worthy of praise,*

*and he saved me from my enemies.*

**[Psalm 18:1-6, 30-35, 46-49]**

*<sup>4</sup> The ropes of death entangled me;*

*floods of destruction swept over me.*

*<sup>5</sup> The grave wrapped its ropes around me;*

*death laid a trap in my path.*

*<sup>6</sup> But in my distress I cried out to the LORD;  
yes, I prayed to my God for help.  
He heard me from his sanctuary;  
my cry to him reached his ears.*

**[Psalm 18:1-6, 30-35, 46-49]**

*God's way is perfect.*

*All the LORD's promises prove true.*

*He is a shield for all who look to him for protection.*

*<sup>31</sup> For who is God except the LORD?*

*Who but our God is a solid rock?*

*<sup>32</sup> God arms me with strength,  
and he makes my way perfect.*

*<sup>33</sup> He makes me as surefooted as a deer,  
enabling me to stand on mountain heights.*

*<sup>34</sup> He trains my hands for battle;  
he strengthens my arm to draw a bronze bow.*

*<sup>35</sup> You have given me your shield of victory.*

*Your right hand supports me;*

*your help has made me great.*

**[Psalm 18:1-6, 30-35, 46-49]**

*The LORD lives! Praise to my Rock!*

*May the God of my salvation be exalted!*

*<sup>47</sup> He is the God who pays back those who harm me;  
he subdues the nations under me*

*<sup>48</sup> and rescues me from my enemies.*

*You hold me safe beyond the reach of my enemies;  
you save me from violent opponents.*

*<sup>49</sup> For this, O LORD, I will praise you among the nations;  
I will sing praises to your name.*

**2. Inquire of God and receive divine strategy.**

- 3. Stay with the army, and fight for those who cannot fight for themselves.**

**[1 Samuel 30:18-19]**

*So David recovered all that the Amalekites had taken... Nothing was missing whether small or great, sons or daughters, spoil or anything that had been taken; David recovered it all.*

### **FOR MONDAY—**

- 1. Carve out time to rehearse God’s faithfulness and promises. Strengthen yourself in His Word.**
- 2. Inquire of God for direction and strategy in your current decisions.**

### **TALK IT THROUGH**

- 1. How have you witnessed people “grow weary,” “get faint,” or display fatigue in this past season? How have they found refreshing?**
- 2. What are some things we lost this year? What would we recover as we turn our focus and actions to God?**
- 3. In Galatians 6:9, what happens when God’s people don’t give up? According to His Word, what season awaits you?**
- 4. Why is it important to not fight alone? What, or who, are we fighting, and to what end?**
- 5. When has someone served you by “bearing your burden?” How did they stand next to you and transfer the weight?**
- 6. Where do you turn when looking for direction? Who represents godly counsel for your family?**
- 7. Of the three ways to “recover it all,” what is stretching you the most right now? Who do you need to fight for?**