

# Surviving the Unpleasant Seasons of Life

1 Samuel 16:1, 11-13; 2 Samuel 5:3

- I. "I have chosen one of [Jesse's] sons to be king," 1 Samuel 16:1.
  - A. "He is tending the sheep," 1 Samuel 16:11.
  - B. "He was ruddy with a fine appearance and handsome features," 1 Samuel 16:12.
- II. The pleasant season begins, 1 Samuel 16:13.
- III. An unpleasant season sets in, 1 Samuel 18:6-9.
- IV. David survives the unpleasant season, 2 Samuel 5:3.
- V. Surviving the unpleasant seasons of life.
  - A. Trust the Designer of seasons.
    1. When life went from pleasant to unpleasant, David didn't blame himself.
    2. He trusted the Creator of seasons, Genesis 1:14.
    3. Life changes because seasons change.
    4. He accepted seasons as normal events, Psalm 1:3; Ecclesiastes 3:1.
      - a. Jesus accepts the seasons of life, Luke 19:28, 37-38 with Luke 23:21.
      - b. David didn't make himself more miserable by ruthless introspection.
    5. Instead of looking inward, look upward, Psalm 57:2; 138:8.
      - a. God uses unpleasant seasons to prepare us for something better, 2 Samuel 5:3.
      - b. God designed that unpleasant seasons lead into seasons of abundance, Psalm 66:10-12.
  - B. Remember that all unpleasant seasons will end, Psalm 57:1; Hebrews 12:2.
    1. Seasons begin and **must** end.
    2. Refuse despair when unpleasant seasons drag on and on, 1 Samuel 27:1; 2 Corinthians 4:8; Psalm 9:18; Proverbs 23:17, 18.
    3. Tightly grasp your sheltering refuge, Psalm 57:1.
- VI. Surviving the unpleasant season makes you a bigger blessing than you ever dreamed, Luke 1:32.