



Podcast Show Notes

Watch Your Mouth - ENCOURAGE

This episode was created for everyone who may be feeling a little weary, anxious, alone, frustrated, overwhelmed, COVID-fatigued, politically disgusted, depressed, hopeless or disheartened for any reason. In our "That Was Then" segment we take a peek down a country-dark corridor of King David's life. He's greatly distressed, he lost everything and on top of that his own life is being threatened. We'll see how he was able to ENCOURAGE himself and recover everything that was lost. You'll be doing cartwheels by the time you get through our "This Is Now" segment as Nick Vujcic and Christine Caine - two Australian mega-giant motivational speakers will ENCOURAGE you to keep going and conquer!

Opening & Overview (3½ minutes)

THAT WAS THEN (14 minutes, 28 seconds)

[Lead into episode's content]: (1 minute, 50 seconds)

- **DEFINITION:** According to Google Dictionary, **ENCOURAGE** means "to give support, confidence or hope to (someone)".
- **APPROXIMATE # OCCURRENCES IN SCRIPTURE:** 63 times
- **BIBLICAL ACCOUNT TAKEN FROM:** 1Samuel 30:1-20 in the New International Version from Bible.com read by Max McLean
- **FEATURED TEXT:** 1Samuel 30:6 (KJV) **"And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the Lord his God."**

Full Biblical Account: 3 minutes)

Commentary by Dorma Guice

- *At this point in Biblical history, David had been living in hiding from King Saul for about 8 years. Saul was Israel's first King, who lost his kingship because he disobeyed GOD's instructions to completely destroy one of Israel's arch enemies – which at that time just happened to be the Amalakites. In response GOD tore the Kingdom from Saul and anointed David (a man after GOD's own heart) as King to replace him. Now Saul, not one to embrace a "peaceful transfer of power", tried numerous times to kill David – forcing him to literally run for the hills. For the*

first four years he started out wandering in remote areas living in caves with Saul in hot pursuit. And although this was a dark and lonely season, GOD **encouraged** David in several ways: He gave him favor with many neighboring Kings who supplied him with food and weapons while concealing his whereabouts from King Saul. And although David left Saul's palace alone, over time he amassed several followers who were sympathetic to his cause. This included his parents, all his brothers, 2 new wives and about 600 trained soldiers (along with their families). Best of all, Saul eventually gave up his twisted manhunt, which led David to ask King Achish ruler of the Philistine territory Gath if he and his entourage can make their home in the country town of Ziklag. His request was granted, and he was finally able to enjoy some semblance of peace and normalcy for another four years UNTIL....

- David and his fighting men were relieved from their duties and returned home to Ziklag to find their entire city pillaged, their houses destroyed, all their loved ones and all their possessions missing – they were literally bankrupt and all that was left of their comfortable abodes was smoldering ashes. (Now I don't want to risk sounding hyperbolic so let me provide some color from verses 13 and 14 which says **“David asked him, “To whom do you belong, and where do you come from?” He said, “I am an Egyptian, the slave of an Amalekite. My master abandoned me when I became ill three days ago. We raided the Negev of the Kerethites and the territory belonging to Judah and the Negev of Caleb. And we burned Ziklag.”**) These verses tell us that Ziklag was not the Amakalites' sole target as they were on a multi-territory looting spree along the Negev (a hot, dry, region that stretches along the southern part of Israel). This is significant because territories along the Negev received less than 8 inches of rainfall per year, which means there was extremely limited opportunity for agricultural or economic development during Biblical times. Since they couldn't easily grow crops, the economy was built primarily on grain farming as well as raising sheep, goats and camels. That said, the Amakalites weren't doing a random smash-and-grab, they brought the economy to its knees, made off with their labor force (consisting of servants, women, and children) and incinerated their food supply – not to mention stripping them of every loved one who could **encourage** them to come after these thugs in pursuit of justice. Knowing that certainly makes verse 4 resonate – **“So David and his men wept aloud until they had no strength left to weep.”**
- 2020 has presented most of us with our own personal Ziklag experience. And like David, many of us are forced to face our Amekalites with little or no outside **encouragement**. So what do you do? What do you say?
- Well, if you're David, you would allow yourself to feel the pain, express anger, mourn, even weep – and most importantly, you would pray; trusting and knowing that the same GOD who promised never to leave nor forsake you hears and understands every groan (even the ones you can't express). He even wrote about it. Chronological Bibles provide a few clues suggesting he wrote Psalm 4, Psalm 64 and Psalm 121 during this timeframe. Psalm 64 was a lament where David didn't hold back in expressing his complaint to GOD. I love the transparency and vulnerability of this Psalm, but David didn't stay there. At some point, he made a shift from “greatly distressed” to “bring me the ephod”. And we too can shift from wounded to warrior by getting **encouragement** from the Bible and through prayer. Writing Psalm 121 likely helped him shift into that posture of faith needed to take action. I memorized this Psalm years ago and often **encourage** myself with it during my Ziklag moments, and I can tell you – it really works. Have a listen <https://www.biblegateway.com/audio/mclean/niv/Ps.121>.
- We know that GOD brought about a miraculous reversal of this misfortune by helping David and his men find and slaughter the Amekalites – finishing the job Saul didn't, thus recovering everything they stole from the entire region. But what you might not know is just two days later David received word that Saul and his sons were killed while fighting a separate battle and the next day David returned home to Hebron with his entire clan and their recovered wealth where

he was crowned King of Judah. As it turned out, a beautiful dawn was waiting in the wings of this dark moment. (And I have no doubt there is one waiting for you, too.)

- We'll end this segment by drawing attention to one significant verse that can easily go unnoticed. It's verse 5 which says **David's two wives had been captured--Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel.** If you read the entire account (including the next chapter), you'd find that these women were mentioned no less than four times and it was obvious that David cherished nothing more than them. First Samuel chapter 25, which is the setting of David and Abigail's budding romance describes her as "intelligent and beautiful" – in that order. And her savviness is on full display as she addresses him with her humble and **encouraging** words. No doubt he called them to mind in Ziklag. So, in that same vein, if stress has pushed you beyond the limits of your sanity, recall the **encouraging** words someone said to you in the past. And if you can't, this is my **encouragement** for you... Whatever Ziklag season you're experiencing or Amelakite you're facing... keep going trusting that "your life is safe in the care of the LORD your GOD...!" and against all hope, trust that "the LORD will do all HE promised" and in the end you will prevail. Your victory may just be a few days away.
- **(9 minutes, 38 seconds)**

THIS IS NOW (13 minutes, 24 seconds)

Transition:

I hope you got something from our "That was Then" segment. For my contemporary listeners, thanks for hanging in with me. As King Solomon often said, "there's nothing new under the sun", let's fast-forward a couple thousand years to explore an account of the same Verbal Activity – **ENCOURAGE** in our "This Is Now" segment. (20 seconds)

- [Drumbeat intro first 30 seconds... <https://lifewithoutlimbs.org/>]
- The voice you just heard is that of one of the most encouraging people on the planet right now. Besides having a boss sense of humor, Nick Vujicic is an uber successful entrepreneur who owns 2 companies (one of which is a non-profit); author of multiple best-selling books; a world renown corporate coach and motivational speaker who has traveled to over 70 countries and addressed crowds as large as 800,000; a beacon of a ministry too numerous to count, has met with 21 Presidents, Vice Presidents and Prime Ministers in the US and globally, a loving husband and doting father to 4 children. In his spare time, he swims, golfs, fishes, snowboards and has even been known to skydive. At a young 38 years old, he is what most of us are in our dreams. And if his accomplishments aren't impressive and inspiring enough, perhaps it'll encourage you to know that he has done all this without limbs.
- Nick, whose longtime motto has been "no arms, no legs, no worries" has masterfully shifted his focus from seeking a miracle for himself to becoming a miracle for others. In my opinion there's no one better suited to encourage us during this confusing and terrifying time than Nick Vujicic. You see, just as David's circumstances were so unique that few people could even relate (let alone encourage him) Nick has had to develop a lifestyle of encouraging himself – so it's no surprise he excels at it. Hopefully, hearing Nick's story and a few nuggets of his wisdom will help us approach life from a different perspective...

WHO SAID THAT?!!! (5 minute, 27 seconds)

- *Wow! I don't know about you, but this is just the proverbial "shot-in-the-arm" I needed to help me through this pandemic. (Tee-hee, d'you see what I did there?) Anyway, if you're not encouraged by what you've heard so far, then maybe the next voice you hear will help. <https://www.youtube.com/watch?v=lvv2ie2mO1k>*
- *That was Christine Caine, who in addition to being a mega-influential evangelist and sought-after speaker, is the founder of A21, an organization that for over 20 years has launched a full-frontal assault on human trafficking by exposing, raising awareness, preventing future trafficking, taking legal action against offenders and providing rehabilitation services to survivors. This tireless work has garnered A21 the Mother Theresa Memorial Award for combating human traffic among refugees. And today Christine Caine is the highlight of our "Who Said That?!" segment because in addition to the wisdom we've already gleaned from the quick soundbite, she also said "Sometimes when you're in a dark place you think you've been buried, but actually you've been planted".*

WHAT DID YOU SAY?!!! & Closing (3 minutes, 7 seconds)

Outro: "What Did You Say?":

- *Let that marinade as we enter our final segment: "What Did You Say?", where we examine our choice of words and decide to eliminate unhelpful and hurtful speech from our dialogue. The fastest way to decide what to say is to know "WHAT NOT TO SAY". And the best way to determine what not to say is to see what the Bible says about what we say.*
- *Today's queue comes from Proverbs chapter 12 verse 25 in the Message version, which is read by Kelly Ryan Dolan and simply and succinctly says: "**worry weights us down; a cheerful word picks us up**". And to that end, I will be clear and concise. When addressing someone in need of encouragement, do two things before opening your mouth: 1. Take a moment and think about what you would say to them; and 2. Consider how you would feel if someone said these words to you while in their situation. If you haven't reduced their level of anxiety or given them hope, you might do well do just stay silent or at best say "I'm soooo sorry you're going through this. Is there anything I can do?"*

Affirmation & Closing:

- *Until we get together again, ponder and recite this AFFIRMATION: ... "I am always ready with words of **encouragement** for those who need it."*

Closing remarks:

- *Thanks for listening to this podcast. If you enjoyed it, feel free to share it with everyone and check out the corresponding blogpost at watchyourmouth.blog for more insight. Feel free to download the show notes from our [Podcast](#) page to get links and references to the information shared in this episode. You can also join our [Member](#) Community by subscribing and we'll make sure you never miss one. Members can also share comments, stories and keep the conversation going in our [Discussion](#) Forum. Additionally, please consider supporting this podcast by donating any amount on our [Donate](#) page. Your generosity enables us to keep*

delivering fresh content and reach more people. Lastly, like us on [Facebook](#), follow us on [Twitter](#), [Instagram](#) and [Pinterest](#). Until next time... be well and watch your mouth!

Sources and Links:

www.watchyourmouth.blog

<https://www.google.com/search?q=encourage+definition&oq=encourage+de&aqs=chrome.0.0i433i512j69i57j0i512l8.3833j1j15&sourceid=chrome&ie=UTF-8>

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