

## Summer At One Hope Part 10: Embrace The Pain

*(1 Samuel 16:6-13) "So it was, when they came, that he looked at Eliab and said, "Surely the Lord's anointed is before Him!" 7 But the Lord said to Samuel, "Do not look at his appearance or at his physical stature, because I have refused him. For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart." 8 So Jesse called Abinadab, and made him pass before Samuel. And he said, "Neither has the Lord chosen this one." 9 Then Jesse made Shammah pass by. And he said, "Neither has the Lord chosen this one." 10 Thus Jesse made seven of his sons pass before Samuel. And Samuel said to Jesse, "The Lord has not chosen these." 11 And Samuel said to Jesse, "Are all the young men here?" Then he said, "There remains yet the youngest, and there he is, keeping the sheep." And Samuel said to Jesse, "Send and bring him. For we will not sit down till he comes here." 12 So he sent and brought him in. Now he was ruddy, with bright eyes, and good-looking. And the Lord said, "Arise, anoint him; for this is the one!" 13 Then Samuel took the horn of oil and anointed him in the midst of his brothers; and the Spirit of the Lord came upon David from that day forward. So Samuel arose and went to Ramah."*

*(1 Samuel 16:13) "Then Samuel took the horn of oil and anointed him in the midst of his brothers; and the Spirit of the Lord came upon David from that day forward..."*

*(Isaiah 10:27 NKJV) "It shall come to pass in that day That his burden will be taken away from your shoulder, And his yoke from your neck, And the yoke will be destroyed because of the anointing oil."*

### 1. Don't Run From Pain

*(2 Corinthians 4:17-18 NKJV) "For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory..."*

## **2. Look Past The Pain To The Promise**

*(Hebrews 12:2 NIV) "...fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God."*

## **3. Pour Out That Pain In His Presence**

*(Psalm 3:2-6 NIV) "...Many are saying of me, "God will not deliver him." [b] 3 But you, Lord, are a shield around me, my glory, the One who lifts my head high. 4 I call out to the Lord, and he answers me from his holy mountain. 5 I lie down and sleep; I wake again, because the Lord sustains me. 6 I will not fear though tens of thousands assail me on every side.*