A PLACE OF CHANGE MINISTRY OCTOBER 3, 2026

ENCOURAGE YOURSELF

DR. ERIC THOMAS

October 3, 2026

> Dr. Eric Thomas on the day David came home to a burned city, a captured family, and his own men ready to kill him - and still encouraged himself in the Lord.

WHEN DISASTER HITS YOU FROM EVERY DIRECTION AT ONCE, DON'T CALL EVERYBODY TO COMPLAIN - ENCOURAGE YOURSELF IN THE LORD. THAT'S NOT DENIAL; DAVID DID IT THE DAY HE CAME HOME TO A BURNED CITY, A CAPTURED FAMILY, AND HIS OWN MEN TALKING ABOUT KILLING HIM.

ENCOURAGE YOURSELF

David didn't call anybody to complain. He didn't ask for sympathy. After the worst homecoming of his life, the Bible says he encouraged himself in the Lord his God - and Dr. Eric Thomas says that's not a nice verse to put on a mug, it's a commandment.

David is one of God's most-used people despite real, serious failure - not because God overlooks sin, but because the difference was never perfection. It was motive: not how you feel about what you're doing, but why you're actually doing it. "David encouraged himself in the Lord" isn't a cute quote for a T-shirt. This message is about what it cost David to obey it.



From the deck - Title slide, "Encourage Yourself," A Place of Change Ministry, October 3, 2026.

FOUR DISASTERS, ONE HOMECOMING

David and his men had been away three days. When they came home to Ziklag, they found the city burned to the ground, their people carried off by the Amalekites, and - for David personally - both of his wives taken captive. Then came the fourth blow: the very men who had ridden with him through everything started talking about stoning him.

> And it came to pass, when David and his men were come to Ziklag on the third day, that the Amalekites had invaded the south, and Ziklag, and smitten Ziklag, and burned it with fire; And had taken the women captives, that were therein: they slew not any, either great or small, but carried them away, and went on their way. So David and his men came to the city, and, behold, it was burned with fire; and their wives, and their sons, and their daughters, were taken captives. Then David and the people that were with him lifted up their voice and wept, until they had no more power to weep. And David's two wives were taken captives, Ahinoam the Jezreelitess, and Abigail the wife of Nabal the Carmelite. 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.
>
> 1 SAMUEL 30:1-6 (KJV)

EVERYTHING THAT HAPPENED TO DAVID ONLY MADE DAVID ENCOURAGE HIMSELF IN THE LORD. EVERYTHING THAT HAPPENS TO YOU MAKES YOU DRIVE YOURSELF CRAZY.

Dr. Eric Thomas

THIS IS THE DAY

Before he even gets to Ziklag, Eric roots the whole message here. Every day is a brand-new day, which means waking up to rehearse yesterday's pain is out of order. Depression, he says, isn't a biblical term - it's one of the ways the enemy tries to stay resident in you, and it can't survive in an atmosphere of real rejoicing.

> This is the day which the LORD hath made; we will rejoice and be glad in it.
>
> PSALM 118:24 (KJV)

YOUR WORDS ARE NOT NEUTRAL

The hinge of the message: everything God made, He made by speaking - so murmuring, complaining, gossiping and judging aren't harmless venting, they're creative acts. The same mouth that blesses can curse, and Eric's point is you don't get to pretend the second one doesn't shape your life, your marriage, your money, and your home.

> Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.
>
> PROVERBS 18:21 (KJV)

> Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be. Doth a fountain send forth at the same place sweet water and bitter?
>
> JAMES 3:10-11 (KJV)

YOU THINK YOU'RE JUST HAVING A CONVERSATION, BUT YOUR CONVERSATION IS CREATING SOMETHING.

Dr. Eric Thomas

BE CAREFUL HOW YOU TALK ABOUT WHAT'S YOURS

Eric applies this close to home: watch how you talk about your marriage, your kids, your church, your job. Not because everything's perfect - he's clear his own marriage isn't flawless - but because every word either builds or tears down the thing you're actually trying to protect. Own your words instead of exporting the blame.

THE FORMULA: WAKE UP. REJOICE. ENCOURAGE YOURSELF. KEEP MOVING.

Near the close, Eric lays out the response in four plain commands. Wake up - a new day, no attitude carried over. Rejoice - on purpose, not based on circumstance. Encourage yourself - after you get hit, remind yourself of who God is, what He's said, and what He's done, instead of calling everybody to complain. Keep moving - refuse to let one difficult moment become your entire life.

I REFUSE TO ALLOW ONE DIFFICULT MOMENT TO BECOME MY ENTIRE LIFE.

Dr. Eric Thomas

DAVID DIDN'T CALL ANYBODY TO COMPLAIN

The detail Eric keeps circling back to: after four devastating losses in a single homecoming, David didn't get on the phone, didn't ask for sympathy, and didn't badmouth the men who turned on him. The text simply says he encouraged himself in the Lord his God - not that he found somebody to agree with his complaint.

> I will bless the LORD at all times: his praise shall continually be in my mouth.
>
> PSALM 34:1 (KJV)

THIS WEEK'S CHALLENGE

WAKE UP. REJOICE. ENCOURAGE YOURSELF. KEEP MOVING. Refuse to let one difficult moment become your entire story. Work through the five-day plan on this page one day at a time - Monday through Friday each carry one piece of the formula and one scripture to stand on.

DO NOT JUST READ IT

THIS WEEK'S ASSIGNMENT

MONDAY

Wake Up On Purpose

Before you check your phone, say out loud: "This is the day the Lord has made." Name one thing from yesterday you refuse to carry into today.

TUESDAY

Audit Your Mouth

Pay attention to what you say out loud today when something goes wrong. Is it creating the outcome you want, or the one you're afraid of?

WEDNESDAY

Name Your Ziklag

What's the situation right now that feels like it's hitting you from every direction at once? Write it down honestly, without the spin.

THURSDAY

Encourage Yourself

Write three sentences: who God is, what He's said to you, and what He's already done for you. Read them out loud before you do anything else today.

FRIDAY

Keep Moving

Name one next step you've been putting off because of how you feel. Take it today, regardless of the feeling.

A PLACE OF CHANGE MINISTRY

KEEP BUILDING.

Saturdays at 11:00am.

Notes, slides and the full transcript every week at apoc.kapturedpixel.com/message