A PLACE OF CHANGE MINISTRY

A PLACE OF CHANGE MINISTRY DR. ERIC THOMAS

YOU RECOVERED. NOW WHAT?

DR. ERIC THOMAS

November 7, 2026

> David didn't just get some of it back. He got all of it back - and then God handed him something bigger than his comeback.

THE ONE THING

THE ENEMY TOOK SOMETHING FROM YOU, BUT THAT'S NOT THE END OF YOUR STORY - WHEN YOU ASK GOD FIRST, ENCOURAGE YOURSELF BEFORE YOU FIGHT, AND PURSUE ONLY WHAT HE TELLS YOU TO PURSUE, HE DOESN'T JUST GET SOME OF IT BACK, HE RECOVERS IT ALL. AND ONCE HE DOES, RECOVERY ISN'T THE FINISH LINE - IT'S HIM HANDING YOU A CAUSE BIGGER THAN YOUR COMEBACK.

YOU RECOVERED. NOW WHAT?

The enemy took something from you, but that's not the end of your story - when you ask God first, encourage yourself before you fight, and pursue only what He tells you to pursue, He doesn't just get some of it back, He recovers it all. And once He does, recovery isn't the finish line - it's Him handing you a cause bigger than your comeback.



From the deck - APOC You Recovered. Now What? Dr. Eric Thomas Saturday, November 7, 2026

ASK BEFORE YOU MOVE

"And David inquired at the LORD, saying, Shall I pursue after this troop?" (1 Samuel 30:8). ET's first move isn't decided by money, fear, or opportunity - it's decided by whether God actually said go. "You don't use money to decide if you pursue. You use the anointing." He points to his own biggest life move - leaving a thriving ministry life in Huntsville, Alabama for Michigan, a move that made sense to no one, including his wife - as proof that what God tells you to pursue gets blessed, and what you chase on your own just spins you in circles.

> And David enquired at the LORD, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all.
>
> 1 SAMUEL 30:8

DON'T MOVE UNTIL HE ANSWERS

Step two is waiting for the actual answer before acting - not the anxious impulse to act anyway. "My rent don't move. My bills don't move... Don't move. Don't move." The warning: "90% of the time, if you make a move he didn't tell you to make, it will not be blessed." The frustration people carry isn't God's silence - it's moving before He spoke.

WEEPING IS ALLOWED. CAMPING THERE ISN'T.

"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" (1 Samuel 30:3-4). Two groups come out of the same tragedy: one that wept until there was nothing left, and David - who wept, and then got up. The difference wasn't the pain. It's what happens after the tears.

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>
> 1 SAMUEL 30:3-4

ENCOURAGE YOURSELF, OR YOU WON'T HAVE THE STRENGTH TO FIGHT

"But David encouraged himself in the LORD his God" (1 Samuel 30:6). ET ties this straight to the two hundred men who physically couldn't go any further: "So David went, he and the six hundred men that were with him, and came to the brook Besor, where those that were left behind stayed. But David pursued, he and four hundred men: for two hundred abode behind, which were so faint that they could not go over the brook Besor" (1 Samuel 30:9-10). They weren't bad men - they'd wept themselves to exhaustion and had nothing left to fight with. The application lands hard: constant complaining, venting to people who can't fix anything, and numbing out don't refuel you - that's exactly how the enemy drains the fight out of you before the real battle even starts.

> 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 30:6

> So David went, he and the six hundred men that were with him, and came to the brook Besor, where those that were left behind stayed. But David pursued, he and four hundred men: for two hundred abode behind, which were so faint that they could not go over the brook Besor.
>
> 1 SAMUEL 30:9-10

RECOVERY TAKES STAMINA

"And David smote them from the twilight even unto the evening of the next day: and there escaped not a man of them, save four hundred young men, which rode upon camels, and fled" (1 Samuel 30:17) - by ET's own math, 24 to 36 hours of fighting. "You had the stamina to gossip. You had the stamina to blame. But you don't have the stamina to fast." The discipline that builds the stamina to actually go get back what's yours is the same discipline you've been spending on everything else.

> And David smote them from the twilight even unto the evening of the next day: and there escaped not a man of them, save four hundred young men, which rode upon camels, and fled.
>
> 1 SAMUEL 30:17

AND DAVID RECOVERED ALL

"And David recovered all that the Amalekites had carried away: and David rescued his two wives. And there was nothing lacking to them, neither small nor great, neither sons nor daughters, neither spoil, nor any thing that they had taken to them: David recovered all" (1 Samuel 30:18-19). Not partial. Ask, wait, encourage yourself, fight - and what comes back is everything.

> And David recovered all that the Amalekites had carried away: and David rescued his two wives. And there was nothing lacking to them, neither small nor great, neither sons nor daughters, neither spoil, nor any thing that they had taken to them: David recovered all.
>
> 1 SAMUEL 30:18-19

IS THERE NOT A CAUSE?

"And David said, What have I now done? Is there not a cause?" (1 Samuel 17:29). ET's pivot: recovery was never the finish line. He told the story of reading, at 24 years old, about Robert "Yummy" Sandifer - an 11-year-old shot and killed by his own gang in Chicago in 1994, profiled on the cover of Time magazine for a killing he'd committed days earlier. That story is the moment ET says his own cause was born - not for fame or money, but because the same thing could have happened to people in his own family. Saul chased a title; David chased a cause. Recovery isn't about getting comfortable again. It's about getting handed back your assignment.

> And David said, What have I now done? Is there not a cause?
>
> 1 SAMUEL 17:29

THIS WEEK'S CHALLENGE

Who will you serve this week? Name one person or one real need - and do something about it before next Saturday.

FIVE-DAY ASSIGNMENT

Monday - Ask. Write down one thing you're currently chasing that you've never actually asked God about. Ask Him plainly today, and wait for the answer before you take the next step.

Tuesday - Don't Move. Notice every impulse today to act out of anxiety, money, or fear instead of waiting on God's answer. Write down what you were tempted to do - and don't do it until you're sure it's Him.

Wednesday - Encourage Yourself. Before you vent to someone else today, go to God first. Replace one complaint with one thing you know He's already done for you.

Thursday - Fight. Take one concrete step toward recovering something you've been grieving instead of pursuing. Small is fine. Just move.

Friday - Identify Your Cause. Sit down with your family (or on your own) and name, out loud, who you're called to serve this season. Write it down.

DO NOT JUST READ IT

THIS WEEK'S ASSIGNMENT

MONDAY

Ask

Write down one thing you're currently chasing that you've never actually asked God about. Ask Him plainly today, and wait for the answer before you take the next step.

TUESDAY

Don't Move

Notice every impulse today to act out of anxiety, money, or fear instead of waiting on God's answer. Write down what you were tempted to do - and don't do it until you're sure it's Him.

WEDNESDAY

Encourage Yourself

Before you vent to someone else today, go to God first. Replace one complaint with one thing you know He's already done for you.

THURSDAY

Fight

Take one concrete step toward recovering something you've been grieving instead of pursuing. Small is fine. Just move.

FRIDAY

Identify Your Cause

Sit down with your family (or on your own) and name, out loud, who you're called to serve this season. Write it down.

A PLACE OF CHANGE MINISTRY

KEEP BUILDING.

Saturdays at 11:00am.

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