

Why We Run: The Importance of Not Running from Battles

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Scripture References:

- Genesis 3:9, 10
- 1 Samuel 17:11, 16, 24, 25, 28, 37
- Psalm 23:4
- 1 John 4:4
- 2 Kings 4:2
- Hebrews 13:6, *AMPC*
- Psalm 118:6, *AMPC*

Summary:

We've all encountered rough spots in our lives when trouble showed up and we wanted to disappear and hide from it. The tendency is to think that doing this will somehow change the situation or make it go away; however, it's important not to run or pretend that the battle doesn't exist. We can learn how to handle the situation from David, who didn't run from Goliath but instead stood up to him. Making the decision to stand and fight while depending on God in the midst of the battle can change the entire trajectory of our lives and everything concerning us.

Notes:

1. The tendency to run from our battles arose when sin entered into the garden of Eden; when Adam sinned, he tried to run from it. By comparison, David *didn't* run from trouble when Goliath showed up—he stood his ground when everyone else was afraid and ran away.
2. Ineffective ways people deal with problems include ignoring the problem; hoping it will go away; minimizing it; talking about it with others; and simply doing nothing.
3. Ways to stop running from our problems include being bigger than our fears; making a decision because the size of the problem doesn't matter; making use of what you already have; believing it's possible; and not underestimating your capabilities.

Category: spiritual growth

Keywords: run, running, battles, trouble, hide, battle, David, Goliath