Train Yourself in the Blessing of Spirituality (1 Samuel 16:14–23) 11/22/2026

Today is Thanksgiving week. Although this holiday began with the Puritans who came to America as its first settlers, it was actually established as a national holiday because they observed biblical festivals in this new land. There is no other nation in the world that began with such a foundation of faith in God and gratitude toward Him.

In the Bible, this festival is called the Feast of Tabernacles (Deuteronomy 16:13–15) and the Feast of Ingathering (Exodus 23:16). It contains three absolute covenants and blessings that we are called to enjoy.

First, we are to give thanks to God for the blessings of His grace and the fruit of our labor throughout the year.

We live in a world where problems and suffering continue, but God has protected us and upheld us through it all, just as He promised. There is nothing we have received that is not the result of His grace and blessing. That is why the Bible teaches us to give thanks not only for what we have already received, but also in anticipation of the blessings God will give us (Deuteronomy 16:15).

Second, just as seeds are planted and crops are harvested, a day will surely come when our lives are brought to account (Matthew 13:36–43).

That will be the day Christ returns. At that time, the weeds will be gathered and removed, and judgment will come upon Satan, our enemy. The Bible says that everyone will be judged according to what they have done (2 Corinthians 5:10). Therefore, we are called to stand firm and always give ourselves fully to the work of the Lord (1 Corinthians 15:58).

Third, there is a spiritual covenant that we must hold on to and enjoy while we are living on this earth.

Just as a farmer gathers into the barn the grain that has endured the summer heat, pests, and disease, we will overcome every obstacle and become blessed fruit gathered into God's heavenly storehouse. This is why John 15 describes the Father as the gardener, Christ as the vine, and us as the branches and fruit connected to Him. This is also why the festival is called the Feast of Ingathering.

Where does the strength come from to overcome the heat of summer and all kinds of pests and diseases? First, it comes from the labor of God, who is the gardener. It comes from the blessing of Christ, who is the vine. Through the strength that flows from Him, we are able to overcome everything. This blessing of spiritual strength is what we call spirituality. In today's passage, David enjoyed this blessing even as a young boy. The blessing of spirituality is not limited by age; it can be developed and trained.

1. Spirituality is a blessing originally given to all humanity.

1) It is the result of God creating humanity in His own image (Genesis 1:27). We are created to resemble God and carry His DNA. At the very heart of this identity is spirituality. From this spirituality come our creative power (creativity) and the character of God reflected in our lives.

2) More specifically, spirituality means living in the enjoyment of God's authority and power. God, who created all things, gave humanity the responsibility to subdue and rule over them. He commanded Adam to work in the Garden of Eden and take care of it. The English word *occupation* comes from this concept of carrying out a task or responsibility. The important question is, where did the strength to fulfill this responsibility come from?

3) Traditional Reformed theologians have explained that the word "subdue," (in Hebrew *kabash*), also includes the idea of spiritual warfare.

Satan and the fallen spiritual beings created before humanity were targeting Adam and Eve. This is why God also gave humanity the mission and blessing of subduing and overcoming.

The first human beings failed at this very point. From then on, their relationship with God was broken, and humanity became oppressed by Satan.

Christ, the Son of God, came not only to resolve our sin and the curse. He came to rescue us from the devil's power (Luke 1:71), destroy the works of the devil (1 John 3:8), and heal those who were oppressed by the devil (Acts 10:38).

2. God desires His saved people to enjoy this spiritual authority and power and live as spiritual victors. This blessing is spirituality.

At the very least, we are to enjoy three kinds of authority and power in Christ.

1) The power of the Gospel. This is the power to save all sinful humanity through the blood of Christ and the power of His resurrection (Romans 1:16–17).

① **We all have the fundamental problem.** We have inherited the fallen nature that began with Adam (original sin described in Romans 5:12). There are also spiritual problems that have been passed down through our families. In our own lives, we carry personal sins, wounds, weaknesses, and anger. We absolutely cannot resolve these things by ourselves.

② **That is why Christ died, rose again, and gave us His life (Romans 6:3). The Bible declares that no one can snatch us out of His hand (John 10:28). No one can condemn us, and no power or authority can separate us from the love of God (Romans 8:34–39). We must hold firmly to the Gospel at a 300% level through God's Word.** Bring every hidden wound, pain, failure, and shame before the power of the gospel, and begin anew.

2) The power of the Holy Spirit. From the moment we are saved, the Holy Spirit comes to dwell within us (John 14:16–18).

① **God does not leave us as orphans. He promises to help us. The first blessing that comes through His help is spirituality.** When we hear and believe the Gospel of Christ, the Holy Spirit seals us and becomes the guarantee of our inheritance (Ephesians 1:13–14).

② **When the Holy Spirit helps us, the kingdom of God comes within us (Luke 17:21; Romans 14:17). The forces of darkness are broken in our fields (Matthew 12:28).** Difficulties may arise in our families, workplaces, and businesses. We must first break the forces of darkness and then wait for God's work to unfold. From the moment David was anointed, this blessing and power began to work in his life. When he played his instrument, the forces of darkness were driven away. The meaning of being “anointed” is the blessing of having the Holy Spirit with us. This blessing begins the moment we are saved.

3) The power of the heavenly throne. The Bible says that God established His throne in heaven and rules over all things with His sovereign authority (Psalm 103:19).

① **Who is seated on the throne?** Our eternal Father, who has adopted us as His children, is there. At His right hand is Christ, our Intercessor (Romans 8:34). The Bible says that Christ intercedes and prays for us (background of the heavenly throne, the blessing of the throne, and the bartizan of the throne).

② **When God's people receive His Word and pray, He sends angels from His throne to accomplish His purposes (Psalm 103:20; Revelation 8:3–4).**

This is why the time we spend listening to God's Word, meditating on it, and praying is so important. The pulpit is the channel that connects us to the heavenly throne.

③ **Especially for believers who are in evangelism and missions, the Lord of the heavenly throne promises to be with them personally and give them evidence of His work (Mark 16:19–20).** That is why evangelism and missions are among the greatest ways to enjoy the blessings of the heavenly throne. This is the final covenant Christ gave us (Matthew 28:18–20).

3. Now we must make this prepared blessing of spirituality our own. This is spirituality training.

1) Spiritual training must begin in childhood and continue throughout our entire lives. When David was young, he tended his father's sheep, played his instrument, and sang praises to God. That was where his spiritual training began. There is a difference between someone who simply makes music and someone who makes music while longing for the deep things of God. The latter is music filled with spirituality. It is training.

2) Let your everyday life become a place where spirituality is developed and built up. This daily spirituality training. Paul emphasized this when he instructed Timothy to train himself for godliness in these last days (1 Timothy 4:7–8). Worship is training. Meditation on God's Word is training. Prayer is training. Make these things a priority in your everyday life and challenge yourself to establish them as regular habits. Later, even when David went to battle, he would first ask God in prayer whether He would grant permission and give him victory (2 Samuel 5:19).

3) The most painful and desperate moments are the greatest opportunities to train in spirituality, making God your only source of strength. Everyone whom God has used has passed through such times, developing a deep relationship with Him. It was through those experiences that their spirituality was formed. At such times, the forces of darkness that oppose us are brought down, and true peace and answers from God come. Psalm 23 is one of the clearest examples of the spirituality reflected in David's life.

Conclusion - In a world filled with difficulties, spirituality is the greatest power we can possess that enables us to overcome and save the world, and make our own lives the answer, evidence, and masterpiece.