

# CAVEMAN THEOLOGY - Part 3

## PSALMS 57 — Trusting God in the Cave

Part 1 - God is in your Caves

Part 2 - The Purpose of Caves

**Today — Part 3 - Trusting God in the Cave**

Next Week — Finding Victory in YOUR Cave

1 SAMUEL 22:1

David left Gath and escaped to the cave of Adullam

Caves represent the dark seasons where seeing God and hope are difficult in our current circumstances.

Psalms 57:5

Be exalted, O God, above the heavens;  
let your glory be over all the earth.

Psalm 57:11

Be exalted, O God, above the heavens;  
let your glory be over all the earth.

1 Cor 10:31

“Whether, then, you eat or drink or whatever you do, do all to the glory of God”

HOW DO WE GLORIFY GOD IN OUR CAVES?

### **I. GOD IS GLORIFIED AS WE TRUST HIM IN OUR CAVE SEASONS (57:1–6)**

#### **A. TRUST INVOLVES RELYING UPON GOD ALONE (57:1)**

##### **Psalms 57:1**

Have mercy on me, my God, have mercy on me,  
for in you I take refuge.  
I will take refuge in the shadow of your wings  
until the disaster has passed.

**Relying upon God alone means that we consciously do not rely upon two things:**

(1) **We do not rely on human merit.**

(2) **We do not rely on human means.**

## **B. TRUST INVOLVES GOING TO GOD IN PRAYER (57:1-2).**

### **Psalms 57:1-2**

Have mercy on me, my God, have mercy on me,  
for in you I take refuge.

**I will take refuge in the shadow** of your wings  
until the disaster has passed.

**I cry out to God Most High,**  
to God, who vindicates me.

**I cry out to God Most High,**  
to God, who vindicates me.

## **C. TRUST INVOLVES SEEING GOD AS GREATER THAN THE PROBLEMS OF MY CAVES (57:4-6).**

### **Psalms 57:4-6**

I am in the midst of lions;

I am forced to dwell among ravenous beasts—  
men whose teeth are spears and arrows,  
whose tongues are sharp swords.

**Be exalted, O God, above the heavens;  
let your glory be over all the earth.**

They spread a net for my feet—

I was bowed down in distress.

They dug a pit in my path—

but they have fallen into it themselves.

## **II. GOD IS GLORIFIED AS WE PRAISE HIM IN OUR CAVE SEASONS (57:7-11).**

### **A. PRAISE IS A MATTER OF DELIBERATE FOCUS (57:7-9).**

Psalms 57:7-9

My heart, O God, is steadfast,  
my heart is steadfast;  
I will sing and make music.  
Awake, my soul!  
Awake, harp and lyre!  
I will awaken the dawn.  
I will praise you, Lord, among the nations;  
I will sing of you among the peoples.

## **B. PRAISE IS A MATTER OF TESTIFYING TO OTHERS OF GOD'S GOODNESS (57:9-10).**

### **Psalms 57:9-10**

I will praise you, Lord, among the nations;  
I will sing of you among the peoples.  
For great is your love, reaching to the heavens;  
your faithfulness reaches to the skies.  
Be exalted, O God, above the heavens;  
let your glory be over all the earth.

vs. 3

He sends from heaven and saves me,  
rebuking those who hotly pursue me—  
**God sends forth his love and his faithfulness.**