

CAVEMAN THEOLOGY-Part 4

Psalms 142 - Finding Victory in Your Cave

Part 1 - God is in your Caves
Part 2 - The Purpose of Caves
Part 3 - Trusting God in the Cave
Today - 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.

THIS CAVE SEASON HAS DAVID

Distressed

"I cry aloud to the Lord, I lift up my voice to the Lord for mercy. I pour out my complaint before him, before him I tell Him my troubles." (v 1-2)

Disillusioned

"When my spirit grows faint within me, it is you who know my way. In the path where I walk men have hidden a snare for me." (vs. 3)

Deserted

"Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life." (vs .4)

Depressed

David becomes more morose as he moves on:

"Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me" (v. 6)

Defeated

David continues:

"rescue me from those who pursue me, for they are too strong for me. Set me free from my prison that I may praise your name," (v. 6b,7)

Christian journey consists of three levels.

1. "Mountain-top experiences" when you feel close to God and everything is going well.
2. "Ordinary days." This is the daily grind, walking the road.

3. "Dark days" - CAVE SEASONS when we "trudge through confusion, doubt, despair, and discouragement."

HOW DOES DAVID FIND VICTORY IN HIS CAVE SEASONS

1. When David was in distress, what did he do? He prayed.

Psalms 142:1-2

I cry aloud to the Lord;
I lift up my voice to the Lord for mercy.
I pour out before him my complaint;
before him I tell my trouble.

Psalms 142:5

I cry to you, Lord;
I say, "You are my refuge,
my portion in the land of the living."

Psalms 142:6

Listen to my cry,
for I am in desperate need;
rescue me from those who pursue me,
for they are too strong for me.

"You can do more than pray after you have prayed, but you cannot do more than pray until you have prayed."

John Bunyan

(Psalm 55:16-17,22)

"But I call to God, and the Lord saves me. Evening, morning, and noon I cry out in distress and he hears my voice...cast all your cares on the Lord and He will sustain you..."

(1 Peter 5:7)

"Cast all your anxieties on Him (God) because He cares for you."

2. When David was disillusioned, what did He do? He remembered God has a plan for him.

Psalms 142:3

When my spirit grows faint within me,
it is you who **watch over my way.**

"For I know the plans I have for you...plans to prosper you and not to harm you, plans to give you a hope and a future."
(Jeremiah 29:11)

"...that he who began a good work in you will carry it on to completion until the day of Christ Jesus."
(Phil 1:6)

"Many are the plans in a man's heart, but it is the Lord's purpose that prevails."
(Proverbs 19:21)

3. When David felt deserted, what did he do? He affirmed that he is never alone.

Psalms 142:5

"I cry to you, O Lord; I say "You are my refuge, my portion in the land of the living."

vs. 4

Look and see, there is no one at my right hand;
no one is concerned for me.
I have no refuge;
no one cares for my life.

"The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name will trust in you, for you Lord have never forsaken those who seek you."
(Psalm 9:9)

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."
(Psalm 73:26)

"And surely I am with you until the very end of the age."
(Matthew 28:20)

4. When David felt defeated, what did he do? He praised God in the middle of his pain.

Psalms 142:7

Set me free from my prison,
that I may praise your name.

Then the righteous will gather about me
because of your goodness to me.

The only way to break out of the dungeon of defeat is through the power of praise:

“Though the fig tree does not bud and there are no grapes on the vine, though the olive
crops fail and the fields produce no food, though there are no sheep in the pen and no cattle
in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior.”
(Habakkuk 3:17-18)

5. When David felt depressed, what did he do? He...he...

“The Lord is close to the broken-hearted and saves those who are crushed in spirit.”
(Psalm 34:18)

“He heals the brokenhearted and binds up their wounds.”
(Psalm 147:3)

Psalm 42:5 & 11

Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,
my Savior and my God.