



LESSONS FROM A KING

about a truth we all need to hear:

How To BEHAVE In A CAVE

1 Samuel 21:1-2 and Psalm 142

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• All Scriptures are printed verbatim with translations noted.
• God's Word will be printed in regular faced text with Pastor Joe's commentary in the smaller faced text.
• Biblical words, underlined with dots, are explained in the brackets. • Pastor Joe's email is Joe@southreno.com.

A. PSALM 119 - Overview

Insights:

1. David is at one of the lowest points in his life.
2. He has left the security of Samuel.
3. He is running, under the threat of death, from King Saul.
4. He seeks the counsel of a prophet named Ahimelech.
5. David lies to him, eats the sacrificial bread, among other sins.
6. When Saul finds out David talked to Ahimelech, he slaughters the whole priestly order—85 priests in all.
7. He goes to see the city of Gath to seek the counsel of the prophet Achish.
8. He enters the city of Gath carrying Goliath's sword that he got from Achish.
9. Now, more people than you can imagine are trying to kill David.
10. We all have a cave!

1 Samuel 22:1–2, NLT -¹ *So David left Gath and escaped to the cave of Adullam. Soon his brothers and all his other relatives joined him there.* ² *Then others began coming—men who were in trouble or in debt or who were just discontented—until David was the captain of about 400 men.*

- A. David is running from his problems (v. 1a).
- B. His family, fearing Saul's wrath, also flees to the cave. (v. 1b).
- C. 400 men in "distress, in debt, and discontented" flee to the cave (v. 2b).
- D. He then takes his parents to Moab for safety (vv. 3-4).
- E. In Moab, the prophet Gad tells David to go back to Judah. (v. 5).

THOUGHT #1 – Be careful who your counselors are.

THOUGHT #2 – Be careful who your comforters are.

B. Psalm 142 - Inside David's Cave (and Heart)

1. David feels Disoriented.

Psalm 142:3, NASB95 -³ *When my spirit was overwhelmed within me...*

2. David feels Deserted.

Psalm 142:4, NLT -⁴ *I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me.*

3. David feels Depressed.

Psalm 142:6, NASB95 -⁶ *"...For I am brought very low..."*

4. David feels Discouraged.

Psalm 142:7, NASB95 -⁷ *"Bring my soul out of prison..."*

C. How to Behave in a Cave

1. Tell God what's going on in your life.

Psalm 142:1, NASB95 -¹ *I cry aloud...to the LORD...*

Psalm 142:2, NASB95 -² *I pour out my complaint before Him...*

Psalm 142:6, NASB95 -⁶ *"Give heed to my cry..."*

2. Realize God is not unaware.

Psalm 142:3, NASB95 -³ *When my spirit was overwhelmed within me, You knew my path. In the way where I walk They have hidden a trap for me.*

3. Know that God is with you.

Psalm 142:5, NASB95 -⁵ *I cried out to You, O LORD; I said, "You are my refuge, My portion in the land of the living.*

4. Believe—God's got this.

Psalm 142:7, NASB95 -⁷ *"Bring my soul out of prison, So that I may give thanks to Your name; The righteous will surround me, For You will deal bountifully with me."*

At Kadesh Barnea, first group of spies saw their problem in relationship to their own resources and were frightened; Jashua and Caleb saw their problem in relationship to God's resources and were encouraged and had faith.