



## “How To Behave In A Cave”

### 1. READ

**Scripture: Psalm 34:1 King James Version (NIV)**

Psalm 34:1 I will bless the LORD at all times: his praise shall continually be in my mouth.

**Suggested Chapters to Study This Week: Psalm 27:5, Psalm 34 and 1 Thessalonians 5:18**





## 2. REFLECT

This week in our August Preaching Series, we focus on our youth and young adults. We have guest preacher Rev. Marissa Farrow, a preaching assistant for the Greater Allen AME Cathedral in NYC. Rev. Farrow isn't preaching from the Church building today. Instead, she is preaching outside from a tunnel to help make God's Word plain. The title for today's sermon is "How To Behave In A Cave," using Psalm 34 and verse 1. Rev. Farrow opens her message with this quote from Dr. Charles R. Swindoll;

*I Am convinced that life is 10% what happens to me and 90% how I respond to it."*

Her focus here is the same as Dr. Swindoll's. Life is more about how you respond versus how you react. When you respond, it gives you the time needed to reflect and think about what is right, versus when you react, there isn't much time to think clearly, Rev. Farrow explains.



Rev. Farrow helps us find comfort in this thought of responding even if life currently seems too complex or too dark, or too complicated. Rev. Farrow calls it a twofold storm, dealing with the pandemic of this world and the pandemic of our own lives from work, to family, to school, and more. Even though it seems like it's more than you can handle, our focus should be on how we respond to our situation. We stand from a place of victory if we decide to walk in it. Rev. Farrow makes this statement "our deliverance starts with a decision," a decision to see our situation from a different perspective. We have to trust God so that we can "respond to life instead of reacting to life." This brings us to our scripture and the lessons we find from David in Psalm 34. Rev. Farrow shares some points and notes about this scripture but also shares his thought: "Your position does not exempt you from peculiar placement. In short, if David can have issues, so can we. As a result, we can learn from David "How To Behave In A Cave." Here are the three points that Rev Farrow shared from this scripture. We must take an introspective look at ourselves.

1. We must understand that praise is still appropriate.
  - a. *Psalm 27:5 (For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle, He shall hide me; He shall set me high upon a rock.)*
2. We must know that our placement shouldn't determine our consistency.

Rev. Farrow shares these points to help us understand where David was in his life during this scripture and how he came out of the cave. In the same way that David made it, we can also make it out if we trust the Lord as David did.





## 1. RESPOND

### **Introspective Questions**

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How have you respond in your dark season of life?

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Who was there to help you during this season?



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### **Discussion Questions**

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What do you think those around David said to him or about him during this season of his life?

What kind of praise words do you think that David would have used in this season? What praise words or phrases do you use to show God your thankfulness?

