

2. David poured out his problems to God, how do you think that helped transform his attitude and ultimately his situation?

3. Consider Psalm 23:6, Jeremiah 31:3 and especially Romans 5:8. Does God love you in the cave? What is the greatest demonstration and promise of God's love for us?

4. What specifically did David ask for in Psalm 142 (v 6-7)? What does this tell us about how we should pray?

5. What does praise demonstrate to God? Why is praise a game changer especially when we are in a cave?

6. How can we wean ourselves from viewing this world as our provider so that we view God as our provider?

7. Is our true happiness wrapped up in God's glory or dependent upon our immediate circumstances? Discuss the implications.

Moving Forward

Jealous and paranoid, King Saul relentlessly pursued David to kill him despite David's unfailing loyalty and kindness. In Psalm 142 David was most likely hiding among the crags, cliffs and caves above the western shore of the Dead Sea—a forbidding place called the Wilderness of Judah. After saving the people of Keilah, David was betrayed by them and then again and again by the men of Ziph. Read 1 Samuel 23:13-28.

1. Have you ever been accused of doing something you didn't do? How did that make you feel? What steps did you take (if any) to vindicate yourself? How did that work?

2. Have you ever judged someone of some wrong only to find out later that you were wrong? What did you learn from that experience?

3. Who kept David safe from Saul's pursuit (v 14)? And how? (v 26-27)

4. Who did God send to David to encourage him when his faith was low (16-18)? Has God ever sent someone to encourage you when you were hiding out in a cave?

5. Later by God's sovereign hand, David could have killed Saul and ended the manhunt for himself. According to 1 Samuel 24:3-7 why didn't David take revenge upon Saul?

6. Hiding in a cave can make anyone a little paranoid. What types of rash and unwise behaviors might someone trapped in a cave of life be tempted to take?