

LOW PLACES

A LOT CAN HAPPEN IN A CAVE!



2 Samuel 23:8–39

⁸These are the names of David's warriors:

Josheb–basshebeth the Tahchemonite was chief of the officers. He wielded his spear against eight hundred men that he killed at one time.

⁹After him, Eleazar son of Dodo son of an Ahohite was among the three warriors with David when they defied the Philistines. The men of Israel retreated in the place they had gathered for battle,

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¹⁰but Eleazar stood his ground and attacked the Philistines until his hand was tired and stuck to his sword. The Lord brought about a great victory that day. Then the troops came back to him, but only to plunder the dead.

¹¹After him was Shammah son of Agee the Hararite. The Philistines had assembled in formation where there was a field full of lentils. The troops fled from the Philistines, ¹²but Shammah took his stand in the middle of the field, defended it, and struck down the Philistines. So the Lord brought about a great victory.

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¹³Three of the thirty leading warriors went down at harvest time and came to David at the cave of Adullam, while a company of Philistines was camping in Rephaim Valley. ¹⁴At that time David was in the stronghold, and a Philistine garrison was at Bethlehem. ¹⁵David was extremely thirsty and said, “If only someone would bring me water to drink from the well at the city gate of Bethlehem!”

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¹⁶So three of the warriors broke through the Philistine camp and drew water from the well at the gate of Bethlehem. They brought it back to David, but he refused to drink it. Instead, he poured it out to the Lord. ¹⁷David said, “Lord, I would never do such a thing! Is this not the blood of men who risked their lives?” So he refused to drink it. Such were the exploits of the three warriors.

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¹⁸Abishai, Joab's brother and son of Zeruiah, was leader of the Three. He wielded his spear against three hundred men and killed them, gaining a reputation among the Three. ¹⁹Was he not more honored than the Three? He became their commander even though he did not become one of the Three.

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²⁰Benaiah son of Jehoiada was the son of a brave man from Kabzeel, a man of many exploits. Benaiah killed two sons of Ariel of Moab, and he went down into a pit on a snowy day and killed a lion. ²¹He also killed an Egyptian, an impressive man. Even though the Egyptian had a spear in his hand, Benaiah went down to him with a staff, snatched the spear out of the Egyptian's hand, and then killed him with his own spear. ²²These were the exploits of Benaiah son of Jehoiada, who had a reputation among the three warriors. ²³He was the most honored of the Thirty, but he did not become one of the Three. David put him in charge of his bodyguard.

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²⁴Among the Thirty were
Joab's brother Asahel,
Elhanan son of Dodo of Bethlehem,
²⁵Shammah the Harodite,
Elika the Harodite,
²⁶Helez the Paltite,
Ira son of Ikkesh the Tekoite,
²⁷Abiezer the Anathothite,
Mebunnai the Hushathite,

²⁸Zalmon the Ahohite,
Maharai the Netophathite,
²⁹Heleb son of Baanah the Netophathite,
Ittai son of Ribai from Gibeah of the
Benjaminites,
³⁰Benaiah the Pirathonite,
Hiddai from the wadis of Gaash,
³¹Abi-albon the Arbathite,
Azmaveth the Barhumite,

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³²Eliahba the Shaalbonite,
the sons of Jashen,
Jonathan son of ³³Shammah the Hararite,
Ahiam son of Sharar the Hararite,
³⁴Eliphelet son of Ahasbai son of the
Maacathite,
Eliam son of Ahithophel the Gilonite,
³⁵Hezro the Carmelite,
Paarai the Arbite,

³⁶Igal son of Nathan from Zobah,
Bani the Gadite,
³⁷Zelek the Ammonite,
Naharai the Beerothite, the armor-bearer
for Joab son of Zeruiah,
³⁸Ira the Ithrite,
Gareb the Ithrite,
³⁹and Uriah the Hethite.
There were thirty-seven in all.

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1 Samuel 22:1–2

¹So David left Gath and took refuge in the cave of Adullam. When David's brothers and his father's whole family heard, they went down and joined him there.

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Brief Timeline of David's Life

- 1025 Samuel anoints David
 - 1020 David kills Goliath
 - 1010 David made commander of 1000
 - 1008 David marries Michal
 - 1007 David flees Saul
 - 1006 David “goes crazy” in Gath
 - 1000 King of Hebron
 - 993+ (40) Anointed King of North & South Israel
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1 Samuel 22:1–2

2In addition, every man who was desperate, in debt, or discontented rallied around him, and he became their leader. About four hundred men were with him.

LOW PLACES

Psalm 142

A CRY OF DISTRESS

A Maskil of David. When he was in the cave. A prayer.

¹I cry aloud to the Lord;
I plead aloud to the Lord for mercy.
²I pour out my complaint before him;
I reveal my trouble to him.

³Although my spirit is weak within me,
you know my way.

Along this path I travel
they have hidden a trap for me.

⁴Look to the right and see:
no one stands up for me;
there is no refuge for me;
no one cares about me.

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Psalm 142

⁵I cry to you, Lord;
I say, "You are my shelter,
my portion in the land of the living."

⁶Listen to my cry,
for I am very weak.

Rescue me from those who pursue
me,

for they are too strong for me.

⁷Free me from prison
so that I can praise your name.
The righteous will gather around me
because you deal generously with
me.

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Psalm 57

PRAISE FOR GOD'S PROTECTION

For the choir director: "Do Not Destroy."
A Miktam of David. When he fled before
Saul into the cave.

¹Be gracious to me, God,
be gracious to me,
for I take refuge in you.
I will seek refuge in the shadow of your
wings
until danger passes.

²I call to God Most High,
to God who fulfills his purpose for me.,
³He reaches down from heaven and
saves me,
challenging the one who tramples me.
Selah
God sends his faithful love and truth.

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Psalm 57

⁴I am surrounded by lions;
I lie down among devouring lions—
people whose teeth are spears and
arrows,
whose tongues are sharp swords.
⁵God, be exalted above the heavens;
let your glory be over the whole earth.
⁶They prepared a net for my steps;
I was despondent.

They dug a pit ahead of me,
but they fell into it!

Selah

⁷My heart is confident, God, my heart is
confident.

I will sing; I will sing praises.

⁸Wake up, my soul!

Wake up, harp and lyre!

I will wake up the dawn.

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Psalm 57

⁹I will praise you, Lord, among
the peoples;

I will sing praises to you among
the nations.

¹⁰For your faithful love is as high
as the heavens;

your faithfulness reaches the
clouds.

¹¹God, be exalted above the
heavens;

let your glory be over the whole
earth.

LOW PLACES

What we can learn in the cave

- Trust

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What we can learn in the cave

- Trust
- Patience

LOW PLACES

What we can learn in the cave

- Trust
- Patience
- Loyalty

LOW PLACES

What we can learn in the cave

- Trust
- Patience
- Loyalty
- Courage

LOW PLACES

What we can learn in the cave

- Trust
- Patience
- Loyalty
- Courage
- Sacrifice

LOW PLACES

The background is a dark, textured cave wall. A small, dark, irregular opening is visible in the upper center. A shadow of a person's head and shoulders is cast onto the wall to the right of the opening. The overall color is a deep, dark blue or black.

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