

ADULLAM: A Place of Refuge and Transformation

1 Samuel 22:1–2

Purpose: Introduction to 21 Days of Fasting and Prayer

Introduction

The word **Adullam** means “**refuge**,” “**retreat**,” or “**place of shelter**.”

David escaped from King Saul and entered the cave of Adullam. He arrived as a rejected and hunted man, but God used that cave to protect him, gather his family, and prepare an army.

Adullam was not David’s grave—it was God’s training ground.

Illustration: The Seed in the Darkness

When a seed is placed underground, it may appear buried and forgotten. But beneath the soil, transformation is happening. The seed breaks open, takes root, and eventually rises.

During these 21 days, we are not being buried—we are being planted. God will use prayer, fasting, and separation to grow something powerful within us.

“You are not buried—you are planted!”

1. Adullam Is a Place of Personal Refuge

“David therefore departed from there and escaped to the cave of Adullam.” — 1 Samuel 22:1

David was rejected, threatened and pursued, but he ran to a place of refuge.

These 21 days are an invitation to run to God—not away from Him. Bring Him your fears, pain, financial struggles, health concerns and unanswered questions.

You may enter Adullam tired, but God will renew your strength.

Declaration: “God is my refuge; I will not be afraid!”

2. Adullam Is a Place of Refuge for the Family

“When his brothers and all his father’s house heard it, they went down there to him.” — 1 Samuel 22:1

David entered the cave alone, but he did not remain alone. **His brothers and his father’s entire household joined him.**

Adullam was not only about David’s personal deliverance; it became a refuge for his family.

During these 21 days, do not fast only for yourself. Bring your family before God:

- Pray for your marriage.
- Pray for your children.
- Pray for salvation and restoration.
- Pray for healing, unity and protection.

Like Noah entered the ark with his household, we are entering Adullam believing God for our families.

Declaration: “As I enter Adullam, my family is coming with me!”

3. Adullam Welcomes Broken People

“Everyone who was in distress, everyone who was in debt, and everyone who was discontented gathered to him.” — 1 Samuel 22:2

They were distressed, indebted and discouraged. Adullam was not a gathering of perfect people—it was a gathering of people who desperately needed God.

Come as you are. Bring your burdens, disappointments, addictions, wounds and unanswered prayers.

Your condition may explain how you entered Adullam, but it will not determine how you leave.

4. Adullam Is a Place of Transformation

“So he became captain over them.” — 1 Samuel 22:2

These broken men eventually became David’s mighty warriors. They entered as distressed men, but they left disciplined, courageous and prepared for battle.

We are not fasting simply to miss meals. We are fasting to encounter God and be transformed.

During these 21 days:

- Weakness will become strength.
- Fear will become faith.
- Confusion will become direction.

- Broken families will experience restoration.
- Ordinary people will become spiritual warriors.

Conclusion and Call

Adullam is:

- A refuge for the individual.
- A shelter for the family.
- A gathering place for broken people.
- A training ground for spiritual warriors.

Come to pray. Come to fast. Come with your family. Come expecting an encounter with God.

Declare together:

“Adullam is my place of refuge, restoration and transformation. My family and I will not leave the same way we entered!”