



Facing Troubled Times

DAVID

A MAN AFTER GOD'S HEART

1 Samuel 19-22



“David was prospering in all his
ways, for the LORD was with him.”
(1 Samuel 18:14, NASB)





“David was prospering in all his ways, for the LORD was with him. When Saul saw that he was prospering greatly, he dreaded him.”

(1 Samuel 18:14, 15, NLT)



“David fled and escaped...”

“David fled and escaped...”

appears six times in five chapters

David lost his...

- **Job** (1 Samuel 19:10)

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- **Possessions** (1 Samuel 18:11)

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- **Wife** (1 Samuel 19:12)

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- **Job** (1 Samuel 19:10)
- **Possessions** (1 Samuel 18:11)
- **Wife** (1 Samuel 19:12)
- **Mentor** (1 Samuel 19:18; 20:1)
- **Friend** (1 Samuel 20:42)

David lost his...

- **Job** (1 Samuel 19:10)
- **Possessions** (1 Samuel 18:11)
- **Wife** (1 Samuel 19:12)
- **Mentor** (1 Samuel 19:18; 20:1)
- **Friend** (1 Samuel 20:42)
- **Dignity** (1 Samuel 21:10-15)

“So David left Gath and escaped to
the **cave of Adullam.**”

(1 Samuel 22:1, NLT)



WHERE
DAVID
FOUGHT
GOLIATH

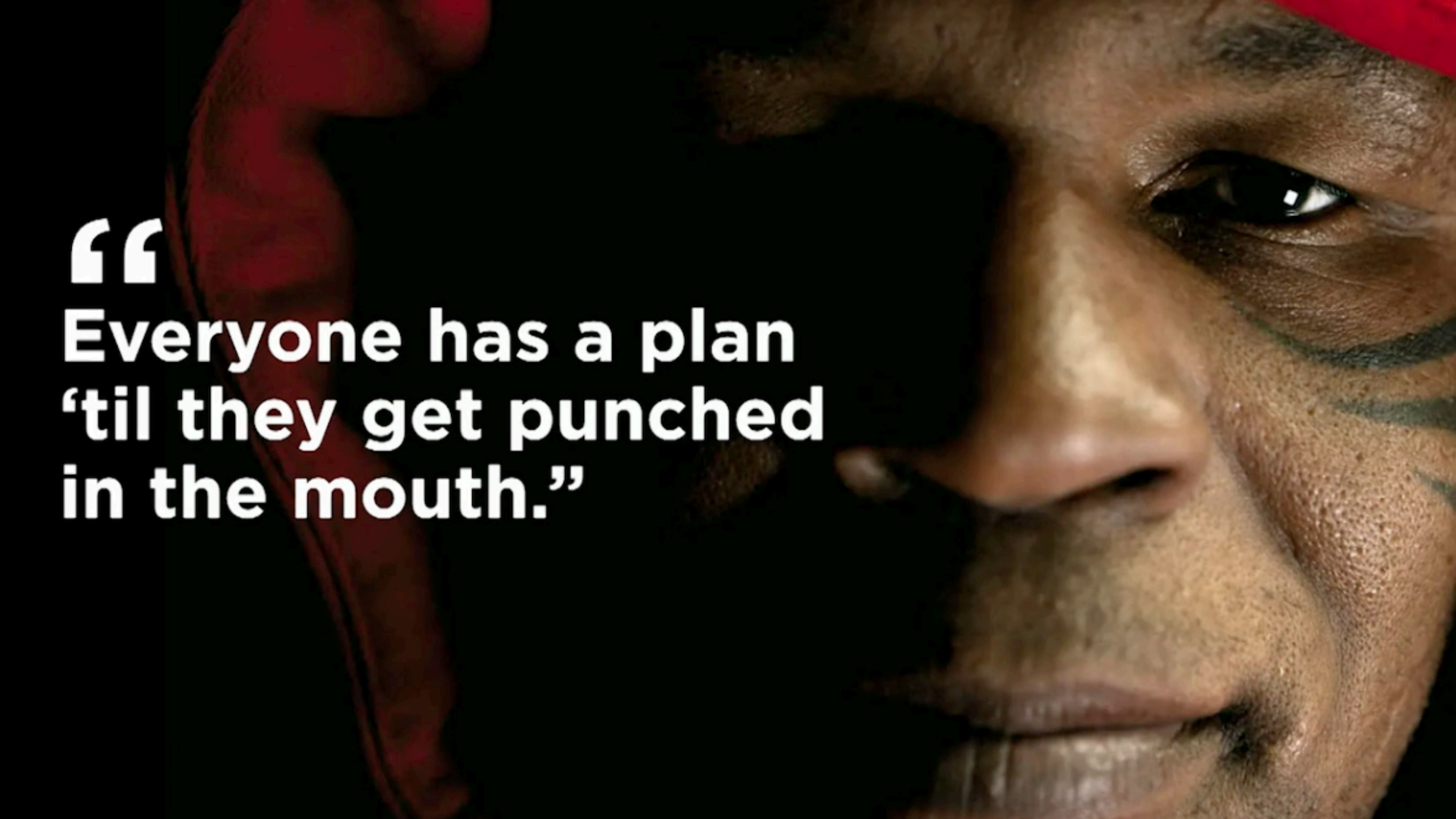


ELAH
VALLEY

CAVE OF
ADULLAM





A close-up, high-contrast photograph of a man's face. He has dark skin and is looking directly at the camera with a serious expression. A red cloth is draped over his mouth, leaving only his eyes, nose, and part of his forehead visible. The lighting is dramatic, with deep shadows and bright highlights on his skin.

**“
Everyone has a plan
‘til they get punched
in the mouth.”**

“So David left Gath and escaped to the **cave of Adullam**. Soon his brothers and all his other relatives joined him there.”

(1 Samuel 22:1, NLT)

“So David left Gath and escaped to the **cave of Adullam**. Soon his brothers and all his other relatives joined him there. Then others began coming — men who were in **trouble** or in **debt** or who were just **discontented**...”

(1 Samuel 22:1,2, NLT)

“So David left Gath and escaped to the **cave of Adullam**. Soon his brothers and all his other relatives joined him there. Then others began coming — men who were in **trouble** or in **debt** or who were just **discontented**... **400** of them.”

(1 Samuel 22:1,2, NLT)

“I cry out to the Lord;
I plead for the Lord’s mercy.
I pour out my complaints to him
and tell him all my troubles.”
(Psalm 142:1,2, NLT)

“I am overwhelmed!

You know the way to safety.

Only you!

Wherever I go,

my enemies

have set traps for me.

(Psalm 142:3, NLT)

“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.

(Psalm 142:4, NLT)

Then I pray to you, O Lord, I say,
“You are my place of refuge.
You are all I really want in life.”
(Psalm 142:5, NLT)

Hear my cry,
for I am very low.

Rescue me from my persecutors,
for they are too strong for me.

(Psalm 142:6, NLT)

Bring me out of this prison
so I can thank you.

The godly will crowd around me
for **you are good to me.**

(Psalm 142:7, NLT)

A photograph of a cave interior. The floor is covered in a mix of dirt and numerous small, light-colored rocks. The walls are made of dark, textured rock, with some areas showing greenish moss or lichen. In the background, a bright opening in the cave leads to a sunlit area, creating a strong contrast with the dimly lit interior. The text "How to Survive Cave Times" is overlaid in the center in a large, white, sans-serif font.

How to Survive Cave Times

1. Tell God
how you feel

1. **Tell God** how you feel

“I **cry out** to the Lord; I **plead** for the Lord’s mercy. I **pour out** my complaints before him and **tell him** all my **troubles**.”

(Psalm 142:1,2, NLT)

1. **Tell God** how you feel

“As the Bible clearly shows, God has a high threshold of tolerance for what is appropriate to say in a prayer. God can handle my unsuppressed rage..”

—*Philip Yancey*

1. **Tell God** how you feel

“I may well find that my vindictive feelings need God’s correction — but only by taking those feelings to God will I have the opportunity for correction and healing.”

—*Philip Yancey*

1. **Tell God** how you feel

“Hear my cry, for I am very low.
Rescue me from my persecutors,
for **they are too strong for me.**”

(Psalm 142:6, NLT)

2. Trust God
for who he is

2. **Trust God** for who he is

Then I pray to you, O Lord. I say,
“You are my place of refuge. You
are **all I really want** in life.”

(Psalm 142:5, NLT)

2. Trust God for who he is

...for you are good to me.

(Psalm 142:6, NLT)

The foundation of our faith

is not happily-ever-after endings

The foundation of our faith

**is not happily-ever-after endings
is not answered prayer**

The foundation of our faith

is not happily-ever-after endings
is not answered prayer
is not blessings we receive

The foundation of our faith

is not the good life

The foundation of our faith

is not the **good life**
is our **good God**

2. **Trust God** for who he is

Have mercy on me, O God, have mercy on me, for in you my soul takes **refuge**. I will take **refuge** in the shadow of your wings until the disaster has passed.

(Psalm 57:1, NIV)

2. **Trust God** for who he is

Have mercy on me, O God, have mercy on me, for in you my soul takes **refuge**. I will take **refuge** in

David uses “refuge” to describe God **40 times** in the Psalms



2. **Trust God** for who he is

I cry out to God Most High, to God,
who **will fulfill his purpose for me.**

(Psalm 57:2, NLT)

2. **Trust God** for who he is

For your **unfailing love**
is as high as the heavens.
Your faithfulness
reaches to the clouds.

(Psalm 57:10, NLT)

2. **Trust God** for who he is

God still has a plan for you.

God still loves you.

3. Serve God
by helping others

3. **Serve God** by helping others

Then others began coming—men who were in trouble or in debt or who were just discontented... 400 of them. **And he became their commander.** *(1 Samuel 22:2b, NIV)*

3. **Serve God** by helping others

“**Stay with me; don't be afraid.** The man who wants to kill you is trying to kill me too. **You will be safe with me.**” *(1 Samuel 22:23, NIV)*







The image shows a dark, arched opening in a rocky wall. The rock is light-colored with some darker veins. The opening is deep and shadowed, creating a sense of mystery and depth. The text is overlaid on the dark area of the opening.

**It's not a cave.
It's a tunnel.**



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