

Text: I Samuel 22:1,2; Psalm 142:1-7

David – In the Cave

Some facts about him:

- The word cave means “a fortress” and the word Adullam means “a hiding place”.
- He was in the cave of Adullam hiding from King Saul – I Samuel 22
- During this time David expressed his loneliness, fear, and feeling trapped with no one to help – Psalms 142
- David had others join him about 400 – I Samuel 22:1,2

I. INTRODUCTION

There are many lessons that we can learn from the life of David. Today lesson just deals with one of those lessons. We will learn how to turn our problems into praise.

We need to move through the promises by staying focused on the Lord. Just like David started with problems, but prayed his way through to praise in a simple cave as he was being hunted by king Saul.

I. LIFE IN A CAVE HAS PERSONAL PROBLEMS – PSALMS 142:1-6

Let's look the conditions of David's soul and I am sure that if we are honest with ourselves, we are the same way.



He was disoriented in his soul – vrs. 1-3 – How would you describe “being disoriented”? Notice a couple of things that describes his disorientation:

- He was disoriented by his cry in his soul – vrs. 1
- He was disoriented by his complaint in his soul – vrs. 2
- He was disoriented by his confounded in his soul – vrs. 3

You and I can be so wrapped up in our troubles and gloom, and forget what the Lord has done for us. There is that cry, the complaints and being confounded in our soul. The Lord is there for us – Psalms 61:2; Philippians 4:6; II Timothy 1:7



He was deserted in his soul – vrs. 4 – How could you or I be deserted or being alone? Well David felt that way as he said, “I looked on my right hand and beheld, but there was no man that would know: refuge failed me; **no man cared for my soul**”.



He was depressed in his soul – vrs. 6 – our text says, “I was brought low” - after being deserted comes depression....Think about this:
 -What is depression?
 -Can a Christian be depressed?
 Depression is a major tool of the devil...he has destroyed countless lives with this tool!
 Remember depression is not sin, but if you dwell on it, it will take you down the paths you do not want to go!!!! The Bible tells us about some people who had depression:
 -Moses – Numbers 11:10-15
 -Elijah – I Kings 19:1-18
 -Jonah – Jonah 4:3
 Do not allow depression control you – your Lord is there with you no matter what:
 Psalms 9:9; 34:17,18, 143:7; Isaiah 41:10; I Peter 5:7;



He was defeated in his soul – vrs. 6 – he said, “Deliver me from my persecutors, for they are stronger than I”. He made a determination that he was hopeless and that he could not win and that his soul was like being in prison or beat down!!! – vrs. 7

II. LIFE IN A CAVE HAS PERSONAL PRAISES - PSALMS 7



From problems to praise
-Verbal your problems before the Lord – we seen:
 1. He cried out to the Lord – vrs. 1, 5
 2. He poured out his complaint – vrs. 2
 3. He asked the Lord to attend to his cry – vrs. 6

The Lord wants to hear our cries and ask Him to attend to these cries. Why? Because He is our Heavenly Father – Psalms 55:22; Philippians 4:6,7; Hebrews 4:15; I Peter 5:7

-Visualize your problems before the Lord - How?

1. By praising the Lord – the purpose of praising the Lord is to reveal that He is worthy and we focus our attention back on Him instead of our problems.

2. By allowing the Lord to bless (to bountifully deal with us) – here we see that David knew that His God would bless him. Just remember that the Lord works everything out for His Honor and Glory!! Romans 8:28; Ephesians 3:20; Jude 1:24

Conclusion:

David was not a perfect man or king; but from his youth to his death he displayed a consistent desire to serve the Lord.

Just remember doing God's will – willingly, reveals a true heart for Him!