

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 Samuel 22:1-2

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***I Samuel 22:1,2;

1 David therefore departed thence, and escaped to the cave Adullam: and when his brethren and all his father's house heard it, they went down thither to him. 2 And every one that was in distress, and every one that was in debt, and every one that was discontented, gathered themselves unto him; and he became a captain over them: and there were with him about four hundred men.

***Psalm 142:1-7

1 I cried unto the Lord with my voice; with my voice unto the Lord did I make my supplication. 2 I poured out my complaint before him; I shewed before him my trouble. 3 When my spirit was overwhelmed within me, then thou knewest my path. In the way wherein I walked have they privily laid a snare for me. 4 I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul. 5 I cried unto thee, O Lord: I said, Thou art my refuge and my portion in the land of the living. 6 Attend unto my cry; for I am brought very low: deliver me from my persecutors; for they are stronger than I. 7 Bring my soul out of prison, that I may praise thy name: the righteous shall compass me about; for thou shalt deal bountifully with me.

I. INTRODUCTION

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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

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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

***Psalms 61:2;

2 From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.

***Philippians 4:6;

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

***II Timothy 1:7

7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.



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;

***Numbers 11:10-15

10 Then Moses heard the people weep throughout their families, every man in the door of his tent: and the anger of the Lord was kindled greatly; Moses also was displeased. 11 And Moses said unto the Lord, Wherefore hast thou afflicted thy servant? and wherefore have I not found favour in thy sight, that thou layest the burden of all this people upon me? 12 Have I conceived all this people? have I begotten them, that thou shouldest say unto me, Carry them in thy bosom, as a nursing father beareth the sucking child, unto the land which thou swarest unto their fathers? 13 Whence should I have flesh to give unto all this people? for they weep unto me, saying, Give us flesh, that we may eat. 14 I am not able to bear all this people alone, because it is too heavy for me. 15 And if thou deal thus with me, kill me, I pray thee, out of hand, if I have found favour in thy sight; and let me not see my wretchedness.

***I Kings 19:1-18

1 And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. 2 Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time. 3 And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there. 4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers. 5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat. 6

And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. 7 And the angel of the Lord came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee. 8 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God. 9 And he came thither unto a cave, and lodged there; and, behold, the word of the Lord came to him, and he said unto him, What doest thou here, Elijah? 10 And he said, I have been very jealous for the Lord God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away. 11 And he said, Go forth, and stand upon the mount before the Lord. And, behold, the Lord passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the Lord; but the Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake: 12 And after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice. 13 And it was so, when Elijah heard it, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, there came a voice unto him, and said, What doest thou here, Elijah? 14 And he said, I have been very jealous for the Lord God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away. 15 And the Lord said unto him, Go, return on thy way to the wilderness of Damascus: and when thou comest, anoint Hazael to be king over Syria: 16 And Jehu the son of Nimshi shalt thou anoint to be king over Israel: and Elisha the son of Shaphat of Abelmeholah shalt thou anoint to be prophet in thy room. 17

And it shall come to pass, that him that escapeth the sword of Hazael shall Jehu slay: and him that escapeth from the sword of Jehu shall Elisha slay. 18 Yet I have left me seven thousand in Israel, all the knees which have not bowed unto Baal, and every mouth which hath not kissed him.

***Jonah 4:3

3 Therefore now, O Lord, take, I beseech thee, my life from me; for it is better for me to die than to live.



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

***psalms 7

1 O Lord my God, in thee do I put my trust: save me from all them that persecute me, and deliver me: 2 Lest he tear my soul like a lion, rending it in pieces, while there is none to deliver. 3 O Lord my God, If I have done this; if there be iniquity in my hands; 4 If I have rewarded evil unto him that was at peace with me; (yea, I have delivered him that without cause is mine enemy:) 5 Let the enemy persecute my soul, and take it; yea, let him tread down my life upon the earth, and lay mine honour in the dust. Selah. 6 Arise, O Lord, in thine anger, lift up thyself because of the rage of mine enemies: and awake for me to the judgment that thou hast commanded. 7 So shall the congregation of the people compass thee about: for their sakes therefore return thou on high. 8 The Lord shall judge the people: judge me, O Lord, according to

my righteousness, and according to mine integrity that is in me. 9 Oh let the wickedness of the wicked come to an end; but establish the just: for the righteous God trieth the hearts and reins. 10 My defence is of God, which saveth the upright in heart. 11 God judgeth the righteous, and God is angry with the wicked every day. 12 If he turn not, he will whet his sword; he hath bent his bow, and made it ready. 13 He hath also prepared for him the instruments of death; he ordaineth his arrows against the persecutors. 14 Behold, he travaileth with iniquity, and hath conceived mischief, and brought forth falsehood. 15 He made a pit, and digged it, and is fallen into the ditch which he made. 16 His mischief shall return upon his own head, and his violent dealing shall come down upon his own pate. 17 I will praise the Lord according to his righteousness: and will sing praise to the name of the Lord most high.



- 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 – vts. 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

***Psalms 55:22;

22 Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.

***Philippians 4:6,7;

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God,

which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

***Hebrews 4:15;

15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.

***I Peter 5:7

7 Casting all your care upon him; for he careth for you.

-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

***Romans 8:28;

28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

***Ephesians 3:20;

20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

***Jude 1:24

24 Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,

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!

