

## When You Find Yourself In A Cave

**Opener:** What's your favorite story about David?

**Scripture:** David left and escaped to the cave of Adullam. When his brothers and father's household heard about it, they went down to him. <sup>2</sup>All who were in distress or in debt or discontented gathered around him, and he became their commander. About 400 men were with him. <sup>3</sup>From there David went to Mizpah in Moab and said to the king, "Would you let my father and mother stay with you until I learn what God will do for me?" <sup>4</sup>So they stayed with him as long as David was in the stronghold. I Sam. 22:1-4 (condensed)

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

<sup>2</sup>I cry out to God Most High, to God, who vindicates me. <sup>3</sup>He sends from heaven and saves me, rebuking those who hotly pursue me—God sends forth his love and his faithfulness.

<sup>4</sup>I am in the midst of lions; I am forced to dwell among ravenous beasts—men whose teeth are spears and arrows, whose tongues are sharp swords.

<sup>5</sup>Be exalted, O God, above the heavens; let your glory be over all the earth. <sup>6</sup>They spread a net for my feet—I was bowed down in distress. They dug a pit in my path—but they have fallen into it themselves.

<sup>7</sup>My heart, O God, is steadfast, my heart is steadfast; I will sing and make music. <sup>8</sup>Awake, my soul! Awake, harp and lyre! I will awaken the dawn. <sup>9</sup>I will praise you, Lord, among the nations; I will sing of you among the peoples. <sup>10</sup>For great is your love, reaching to the heavens; your faithfulness reaches to the skies. <sup>11</sup>Be exalted, O God, above the heavens; let your glory be over all the earth. Psalm 57

### Discussion Questions

- 1 Samuel 22:1-4 gives us the background for Psalm 57. David was fleeing from Saul and ended up in a cave where he was joined by others who were in distress, in debt, or discontent. Assuming you haven't been in an actual cave hiding from an angry king who's trying to kill you, what situations have you been in when you had to trust God to deliver you? Did others in distress collect around you? What happened?
- In Psalm 57:1 David pleads for God's mercy. Why would he ask for mercy and why would he think God would be merciful to him in this situation?
- As a teenager, David was anointed as king to replace the disobedient Saul. When he killed Goliath he was thrust into national fame. Due to Saul's jealous rage, he spent years dodging Saul's repeated attempts on his life. Even so, David trusted God. How can we trust God when it seems like His plan is delayed or completely thwarted? What's an example of when you've done this? Psalm 57:2-4
- If we were holed up in a cave hiding from a madman, we probably wouldn't be singing. But that's what David does--and he's not singing the blues—he's praising the Lord! Why isn't praise our natural response during hard times? Why isn't praising God when we don't feel like it hypocrisy? How could praising God change our perspective? Psalm 57:5, 9-11
- Although David is hiding in a cave he saw beyond the cave to the Lord. So he hid in the cave, but he didn't trust in the cave. What are some "caves" we could put our trust in? How can we use those "caves" without trusting in them rather than in God? Psalm 57:7-10
- If someone who's in a tough place asks us how a good God can allow something bad to happen, what would you say?

**Wrap Up:** What is our focus or aim in life, especially during trials? If it's our own happiness or to escape from the pain as quickly as we can, we're focusing on the wrong thing. If our aim is to glorify and honor God by trusting and praising Him no matter what, we've unlocked the secret to dealing with trials without being destroyed by them. The Puritans had it right—our chief end is to glorify God and enjoy Him forever. If we can do that, we'll always have a song to sing, even from a cave.