



David: A study on his life.

Part 8 Cave Dwellers

We left David at rock bottom on a downward spiral of events that would change his life. He lost his job, he lost his wife, he lost his councillor, he lost his friend and finally, he lost his self respect.

What do you do when you hit rock bottom?

Some people might apply Psalm 121:1/2 (Read)

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Maybe David had not yet come to this place. So what did he do and where did he go? Remember he had no food, no job, no security, no one to talk to.

1 Samuel 22:1 Read

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The Cave of Adullam: Refuge

"The Cave" Situated near the city of Adullam in the lowlands of Judah. Taken by Joshua (Josh 12:15) formerly a Canaanite city.

The cave would signify that it was a well known place to go. Known to be a place of refuge.

Was this a place where David knew he could hide, to shut the whole world out, even God? Or would it be the place where God would find David?

Alone in a dark cave away from everybody and everything, David writes Psalm 142

Psalm 142 Read

How did David feel?

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Yet through all this despair, David cries out to God. He has not lost sight of Him.

In the most desperate of situations when all seems lost, God will provide a way.

Isaiah 42:3 Read

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Revelation 3:2 Read

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Ruth 2:3 Read

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God began to respond to David's cries as He did when he was the little shepherd boy in the fields of Bethlehem.

Read again **1 Samuel 22:1**

Who joined David in the cave?

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His brothers and his father. They did not part on the best of terms. The last time David saw them, his Dad had forgotten he existed and his brothers who had been overlooked, put him down and dismissed him.

Sometimes when you are in the cave on your own, you don't want others around you. Least of all your family (Church) David probably felt the same way.

When you little to no opinion of yourself, that's what you expect others to see you.

He didn't want them, but nevertheless, God brought them.

Also, look who else he brought to him.

1 Samuel 22:2 Read

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Those who were in distress, those who were in debt and those who were discontented!!

Distress: *Zuk* Under pressure, stressed, Compressed.

Debt: *Nashah* To lend on interest, to have creditors

Discontented: *Maar Nephesh* Bitterness of soul, Having been wronged or mistreated.

Suddenly we see David surrounded by hundreds of depressed, pressed, in debt bitter wronged people!!

Excuse me if this does not paint a picture of the church today!!

God gave David a church plant, his first congregation.

This might have been the last thing that David wanted, but it was the first thing that God did,

You see when we got our own troubles, we do not expect people to come calling with a bunch of their own problems. The last thing we want, maybe the first thing that God does.

This bunch of no hopers that had been trampled down by king Saul regime, became God's way to turn things around.

Look what came out of this smelly, dark miserable cave.

1 Chron 11:9-25 Read

There is also a roll call from verses 26-47

All mighty men of Valour. Who have guessed that the future king of Israel was training his troops in a dark cave that nobody saw and nobody cared about.

How carefully God planned it

Today, who is concerned about a beat up broken bunch of people that God has called to be His church. A church that will rise up as mighty men and women of valour to change the world we live in.

Matthew 16:18 Read Jesus said that He would ..

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How did David do it?

Psalm 59 Read

David begins to look to God for the answers.

V1 he sees that there is a hope

V4 He acknowledges the harsh words of those around him

V5,7,11 He starts to praise God and get the breakthrough.

David was flat out, but as he gets to his knees, he keeps his focus on God and gets to his feet and encourages those around him to do also. From here he writes Psalm 34.

Psalm 34 Read

V 2 for himself, V3 for them,

V4 for himself, V5 for them

V6 for himself, V7 for them

V8 Why not try it!!

V9 No debt, V10 No want

Finally, V19 Whatever dark and lonely cave you are in right now, God will deliver you out of them all.

Why such a big turn round in David's life?

1. He became hurt enough to admit his needs before God

We need to be open, personal and honest in a way that we are vulnerable.

2. He was honest enough to cry for help.
3. Humble enough to lean on God.

Quote: The conversion of a soul is the miracle of the moment, but the making of a saint is the task of a lifetime.

Do we all need a cave?

Yes, at times I believe we do. There is nothing wrong with a place of refuge, it's where you make that matters.

Where is yours?

Psalm 91:1-9 Read and note

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