



## **(Like David) A Woman After God's Own Heart #4 Learning from the "cave" experiences of life**

### **I. David's had several "wilderness" experiences in his life.**

- A. 1 Sam. 21:10-15 He runs away from Saul and ends up before Achish the King of Gath – he ends up acting "insanely".

Lesson: It never works to take "things" into our own "hands" (Ps. 101:7).

- B. 1 Sam. 22:1-2 He escapes to the cave of Adullam- He pens at least three important Psalms (see also 1 Chron. 12:16-18)

1. The situation

David is a young man in his 20's. He is a man on the run. It's a very low moment in his life and he records his feelings in three "cave poems."

2. Out of his great distress, he writes Psalm 142 – a prayer for help in trouble (He is on his face...)

"I cry aloud with my voice" (vs. 1) – I express myself

"I pour out my complaint" (vs. 2) – I'm not happy

"My spirit is overwhelmed" (vs. 3) – I'm drowning

But, "you are my refuge" (vs. 5) – regardless, I'm focused on you!

"I will give thanks, because you have dealt beautifully with me." (vs. 7) – And in the end, I will rehearse your goodness and trust you for more.

3. As time goes by, he writes Psalm 57 – a prayer for rescue from his persecutors (He is on his knees...)

"My soul takes refuge in you" (vs. 1) – I will trust only in you! (You accomplish all things, you save me)

"I am surrounded by my enemies" (vs. 4-6) – I am persecuted

"But, I'm steadfast in my praise to you" (vs. 7-11) – But I will sing praises to you.

4. As God re-orientes David through this experience, he wrote Psalm 34 – A song extolling the virtues of Yahweh as his provider and deliverer (He is standing toward Heaven and rejoicing...)

Psalm 34:1 "I will extol the LORD at all times; his praise will always be on my lips"

Psalm 34:4 "I sought the LORD, and he answered me; he delivered me from all my fears."

Psalm 34:19 "A righteous man may have many troubles, but the LORD delivers him from them all"

Psalm 34:22 "The LORD redeems his servants; no one will be condemned who takes refuge in him."

- C. 1 Sam. 23:5, 26:2 He delivers the inhabitants of Keilah from the Philistines. Saul gives chase and David hides in the wilderness of Ziph – He renews his covenant with Jonathan.

Lesson: God sends encouragement even in "the wilderness" (Matt. 14:27)

- D. 1 Sam. 23:25-28 He moves south to the wilderness of Maon and is surrounded by Saul and his men. But the threat of the Philistines forces Saul to meet the Philistines in battle – David is safe at the place called the Rock of Escape.

Lesson: God controls all the circumstances of our lives (Job. 42:2).

- E. 1 Sam. 24:1-22 He moves east to the shore of the Dead Sea. His army holds out in front of the rocks of the wild goat in the wilderness of Engedi – he makes a powerful choice to not harm Saul.

Lesson: Honor those in authority (Rom. 13:1).

- F. 1 Sam. 25:1 He moves northward to the wilderness of Paran and then south again to the wilderness of Maon. He encounters Nabal and marries Abigail.

Lesson: Peacemakers triumph (Matt. 5:9)!

A word about David's Family:

Family (2 Sam. 3:2-5; 5:14-16, 1 Chron. 3:5-8)		
Children of Jesse	Wives of David	Sons of David
<b>Sons:</b>		
Eliab	Ahinoam	Amnon (killed by Absalom)
Abinadab	Abigail	Chileab (died in youth)
Shammah	Maacah	Abasalom (killed by Joab)
Nethanel	Haggith	Adonijam (deposed by Solomon)
Raddai	Abital	Shephatiah
Ozem	Eglah	Ithream
David	Bathsheba	Solomon, Shimea, Shobab, Nathan
<b>Daughters:</b>		
Zeruiah (mother of Joab, Abshai, Asahel)	Michal	None
Abigail (mother of Amasa)	Various concubines	Ibhar, Elishama, Eliphelet, Nogah, Nepheg, Japhia, Eliada, Elishama, Eliphelet

## II. A word about those who joined David in his distress (1 Sam. 22:1-2)

### A. His family

Psalm 133:1 "How good and pleasant it is when brothers live together in unity!"

### B. The rejects, the losers, the dropouts:

1. Everyone in distress ("zuk"): Those under pressure, under stress
2. Everyone in debt: those who couldn't pay their debts would soon be sold into slavery.
3. Everyone who was discontent: those who were wronged, mistreated

Note: These are the guys who become the mighty men of God in 2 Sam. 23.

## III. So what? David is feeling worthless, useless, mistreated and misunderstood. It's a great opportunity for God to reroute his life!

1. He admitted his need...so should we! (Ps. 51:3)
2. He asked for help...we must seek His face! (Isa. 41:10)
3. He humbled himself before God...He must increase, we must decrease! (Luke 14:11)

"Conversion of a soul is the miracle of a moment, but the making of a saint is the task of a lifetime." (Chuck Swindoll)

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### Discussion Questions:

1. What are some of the "cave experiences" of your life?
2. How did you see God intervene on your behalf?