

David pt4 – The Cave Experience

Pastor John Carmichael

[1Sa 22:1-2 NASB95] 1 So David departed from there and escaped to the cave of Adullam; and when his brothers and all his father's household heard [of it,] they went down there to him. 2 Everyone who was in distress, and everyone who was in debt, and everyone who was discontented gathered to him; and he became captain over them. Now there were about four hundred men with him.

- You have tried to do everything right, yet things are turning out wrong.
- David Guzik: David had been through a lot. He had the high of immediate fame, a recent marriage, dangers from the Philistines, repeated attempts on his life, and a heartbreaking farewell from everyday life to live as a fugitive for who knows how long. Then David had a brief but intense period of backsliding, a dramatic turn to the LORD, and deliverance from a life-threatening situation.
- The name Adullam means refuge, yet God needed to be the refuge.

What can we learn from David's cave experience?

Here are four lessons we learn from David's cave experience.

I. Cave experiences happen.

- a. [2Co 1:7-10 NASB95] 7 and our hope for you is firmly grounded, knowing that as you are sharers of our sufferings, so also you are [sharers] of our comfort. 8 For we do not want you to be unaware, brethren, of our affliction which came [to us] in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life; 9 indeed, we had the sentence of death within ourselves so that we would not trust in ourselves, but in God who raises the dead; 10 who delivered us from so great a [peril of] death, and will deliver [us,] He on whom we have set our hope. And He will yet deliver us,
- b. Don't beat yourself up because you are in a cave. People of great faith can have a cave experience.
- c. The cave is not the end. God delivered David. God delivered Pau. God will deliver you.

II. Cave experiences should cause us to seek God.

- a. [Psa 57:1-2, 4, 6, 9, 11 NASB95] 1 For the choir director; [set to] Al-tashheth. A Mikhtam of David, when he fled from Saul in the cave. Be gracious to me, O God, be gracious to me, For my soul takes refuge in You; And in the shadow of Your wings I will take refuge Until destruction passes by. 2 I will cry to God Most High, To God who accomplishes [all things] for me. ... 4 My soul is among lions; I must lie among those who breathe forth fire, [Even] the sons of men, whose teeth are spears and arrows And their tongue a sharp sword. ... 6 They have prepared a net for my steps; My soul is bowed down; They dug a pit before me; They [themselves] have fallen into the midst of it. Selah. ... 9 I will give thanks to You, O Lord, among the peoples; I will sing praises to You among the nations. ... 11 Be exalted above the heavens, O God; [Let] Your glory [be] above all the earth.
- b. This Psalm and Psalm 142 were written in a cave.
 - i. V.1 – Humility
 - ii. V.2 – Prayerful
 - iii. V.4,6 – Realistic
 - iv. V.9,11 – Trusting God.
- c. Cave prayers are not pretty prayers. Yet, they always need to return to trust in God.

III. Cave experiences challenge us to restore relationships.

David pt4 – The Cave Experience

Pastor John Carmichael

- a. [Mar 11:25-26 NASB95] 25 "Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions. 26 ["But if you do not forgive, neither will your Father who is in heaven forgive your transgressions."]
- b. His family came to him. He could have rejected them. He received them.
- c. Sometimes, while in the cave, God will give you an opportunity to restore struggling relationships.

IV. Cave experiences commission us to help others.

- a. [Jas 5:16 NASB95] 16 Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.
 - b. [Pro 11:25 NASB95] 25 The generous man will be prosperous, And he who waters will himself be watered.
 - c. These people who came to David were:
 - i. Distressed – They had their own problems. David received them.
 - ii. Debt – They were not successful. David received them.
 - iii. Discontented – They were bitter. David received them.
 - d. David needed them. They needed David.
 - e. The tendency is to become a recluse in the cave.
 - f. God wants us to build others in a cave.
- **When cave experiences happen, we must focus on God, restore relationships, and help others.**