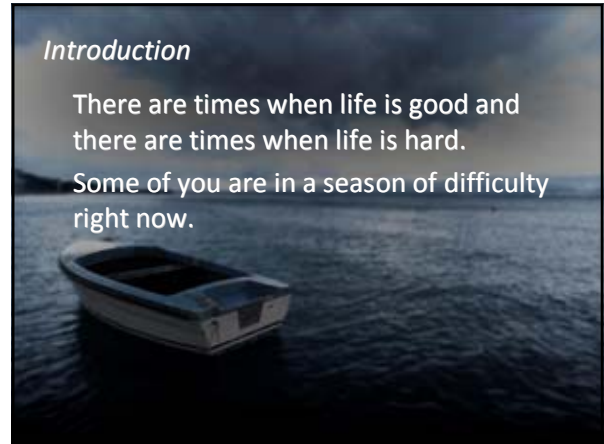




Good News for Cave Dwellers

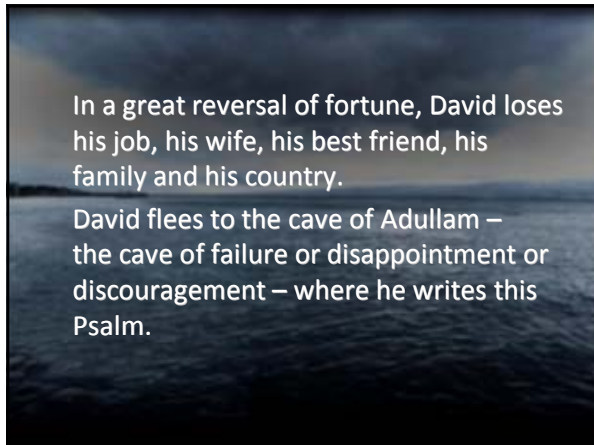
I Samuel 22:1-5 & Psalm 142



Introduction

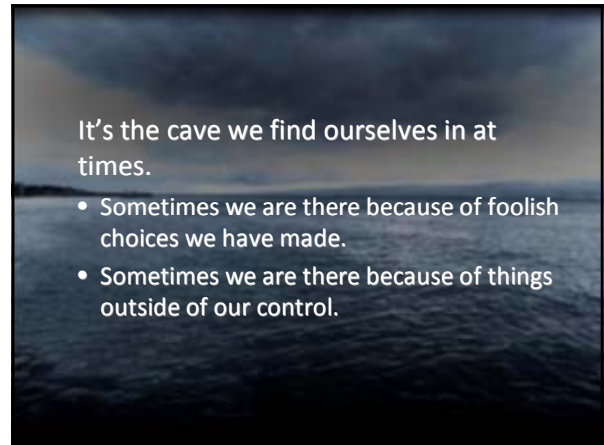
There are times when life is good and
there are times when life is hard.

Some of you are in a season of difficulty
right now.



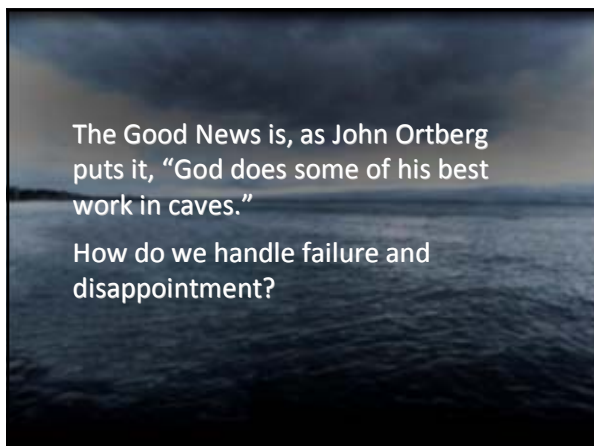
In a great reversal of fortune, David loses
his job, his wife, his best friend, his
family and his country.

David flees to the cave of Adullam –
the cave of failure or disappointment or
discouragement – where he writes this
Psalm.



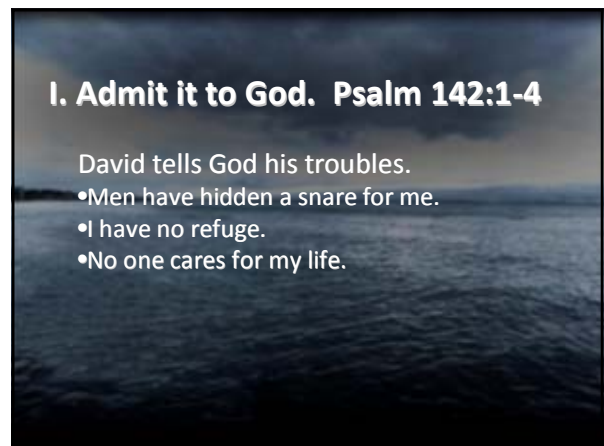
It's the cave we find ourselves in at
times.

- Sometimes we are there because of foolish
choices we have made.
- Sometimes we are there because of things
outside of our control.



The Good News is, as John Ortberg
puts it, "God does some of his best
work in caves."


How do we handle failure and
disappointment?



I. Admit it to God. Psalm 142:1-4

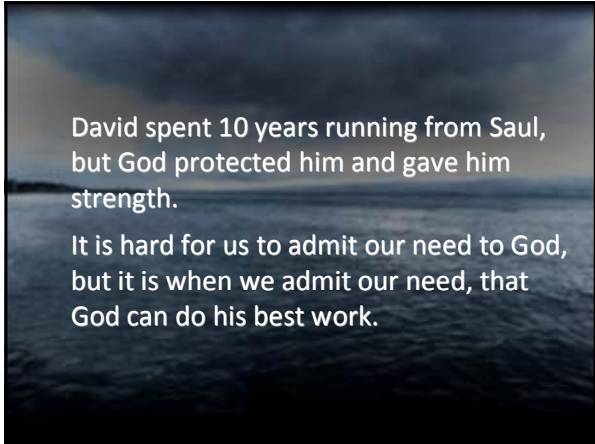
David tells God his troubles.

- Men have hidden a snare for me.
- I have no refuge.
- No one cares for my life.



Others have spent time in the cave of discouragement or aloneness.

- I Kings 19:9-10 – Elijah
- II Corinthians 1:8-9 – Paul
- Matthew 27:46 – Even Jesus



David spent 10 years running from Saul, but God protected him and gave him strength.

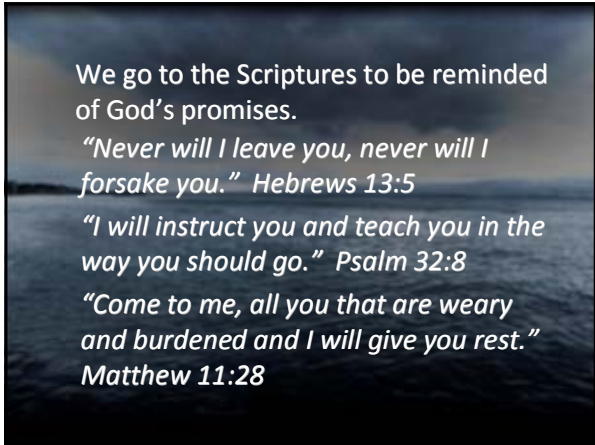
It is hard for us to admit our need to God, but it is when we admit our need, that God can do his best work.



II. Trust in God. Psalm 142:5

David said of God,

- You are my refuge.
- You are my portion.




We go to the Scriptures to be reminded of God's promises.

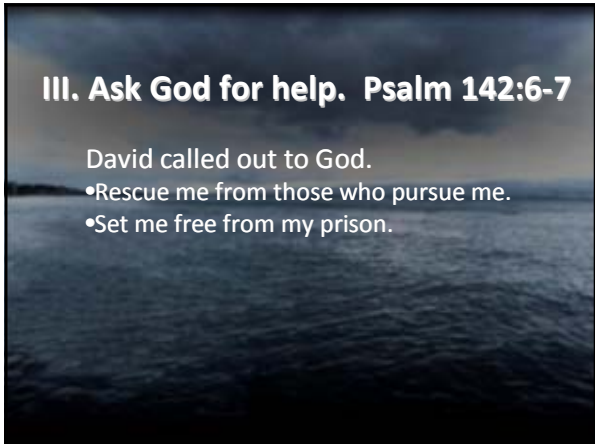
"Never will I leave you, never will I forsake you." Hebrews 13:5

"I will instruct you and teach you in the way you should go." Psalm 32:8

"Come to me, all you that are weary and burdened and I will give you rest." Matthew 11:28



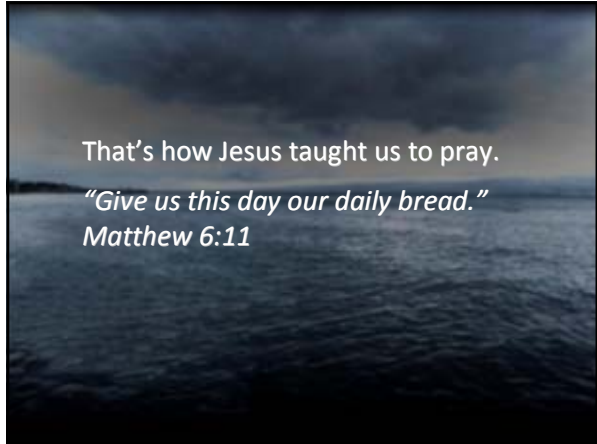
It is a great gift to know we are loved by God even when we fail.



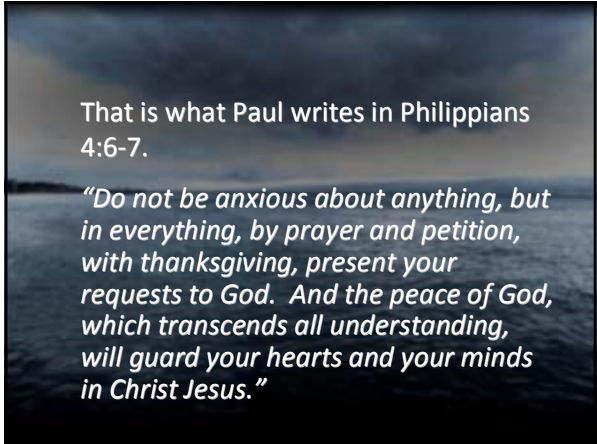
III. Ask God for help. Psalm 142:6-7

David called out to God.

- Rescue me from those who pursue me.
- Set me free from my prison.



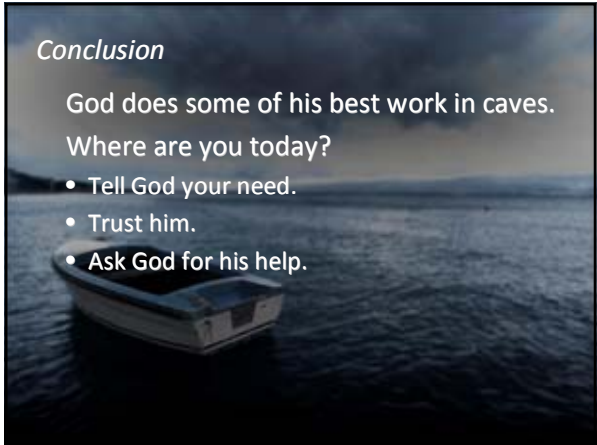
That's how Jesus taught us to pray.
"Give us this day our daily bread."
Matthew 6:11



That is what Paul writes in Philippians 4:6-7.
"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."



Pray and watch God work.



Conclusion

God does some of his best work in caves.
Where are you today?

- Tell God your need.
- Trust him.
- Ask God for his help.