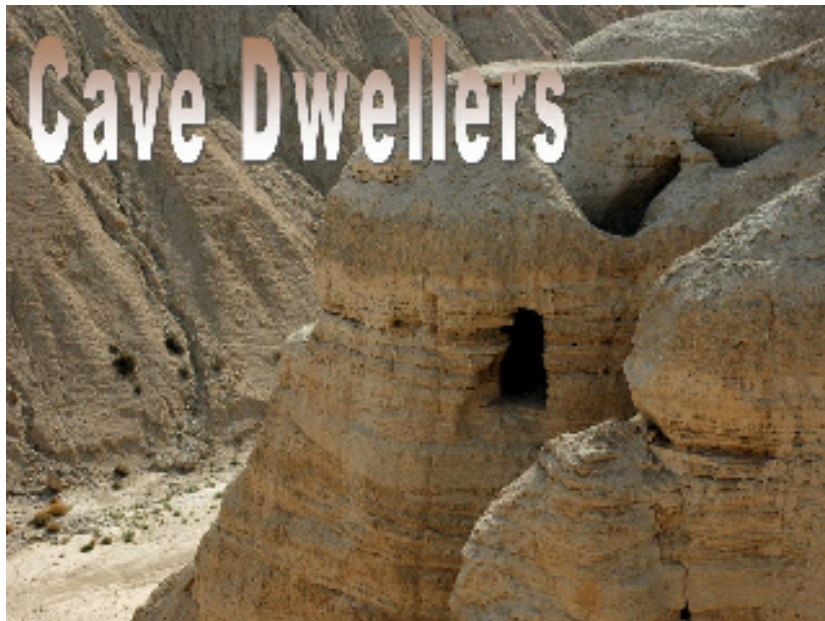


Cave Dwellers 1 Samuel 22:1-2

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***“So David departed from there
and escaped to the cave of Adullam...”***

Adullam – a refuge or stronghold

1. David becomes a cave dweller.

***“No one is concerned for me...
no one cares for my life.”***

Ps. 142:4

2. David maintains a _____.

***“I cry out to you, O Lord...
You are my refuge...”***

Ps. 142:5

**3. God sends David an entire _____.
His family reminds him that he’s not the
only one who’s hurting.**

**Being in relationship makes us more
_____ – more like God.**

God is a relational Being.

Our significance is found in the other.

Who comes?

Those in distress

- under pressure or stress

Those in debt

- unable to pay their bills

Those who were discontented

- wronged and mistreated

4. God turns David's cave into a _____.

The church is God's answer to the lie that we are all alone.

The church is a

- Refuge – Adullam
- God's strategy for bringing hope and healing to the world
- Place for malcontents
- Place for training mighty men and women
- Place for real relationships

Don't crawl into your caves.

Don't believe the lies.

**Remind others that they are not alone
by being in relationship.**

Things to Think About

Who do you know that's living in a 'cave' right now? What can you do to help?

Have you had any times in your life when you felt like you were stuck in a cave? What lies were you believing at the time? Did God send someone to remind you that you were not alone?

Spend some time reading Psalm 142 and Psalm 57. Both of these Psalms were written by David when he was living in the cave. Try to put yourself in David's position – what's he feeling and what's he thinking?

Being in relationship makes us more human. Do you agree with this statement? Why?

Ask God to give you spiritual eyes to see who might be in need of a friend.
