

Friday

Read Psalm 34 (written on the way to the cave from the city of Gath). In verse 4, from what does the Lord deliver David?

Why is it significant that God delivers David from fear and not from the trouble itself?

In verse 19, what are the two truths? Does this verse promise no trouble if you are righteous? What does it promise? What does this mean?

Thank God today that He gives you all you need to face a challenge. Ask Him for the strength to run toward the challenges you are facing.

Saturday

Today's your chance to memorize this week's memory verse, if you haven't already. Get it into your mind and commit to taking refuge in God and trusting Him! Please pray for the weekend services – that they might honor our great God and reach people with the Good News of God's transforming grace!

Prayer Updates

Hospitalized & Surgeries

Aleeta Zapata – Bacterial infection
Bruce Rinkert – RCU (he is caregiver for his wife, Carolyn, who has Alzheimer's)
Don Switzer – RCU, stroke recovery
Dale Thomas – hip replacement
Dorrell Smith – very frail, congestive heart failure (wife has Alzheimer's)
Lili Metford – surgery 4/8, pray that all goes well for mom and baby.
Marion Fuhry – COPD, gastrointestinal problems.
Norma Moniodis – cancer complications
Priscilla King – stomach surgery
Rendi Miller – surgery
Ron Wardle – fell at Easter, hasn't quite been the same since
Verna Hernandez – cancer complications
Dennis McVey – prostate surgery for cancer
Geno Galli – Dominican, dehydration, low platelets, mouth sores because of chemo
Joanne Turnquist – open heart surgery
George Ward – stroke recovery

Recent Hospitalizations/Surgeries: Starr Maire

Hospice Care: Adrienne Bresnahan-Gomes

We want to provide pastoral support...

Please call 465-3395 when someone is hospitalized, scheduled for surgery, becomes a shut-in, or in special need. Prayer support is available through our pastors and numerous prayer groups — call 689-9400. Please pick up a Prayer Update at the Information Desk or Welcome Center. **Subscribe to the Prayer Update: www.tlc.org/profiles**

Thrill Ride

PART 4

Surviving the Cave Times

April 12 & 13, 2008 • René Schlaepfer

After his success against Goliath, things get bad for David...

"David was prospering in all his ways, for the LORD was with him... When Saul saw that he was prospering greatly, he dreaded him." *1 Samuel 18:14,15 (NASB)*

- 1 SAMUEL 19:10** "David fled and escaped..." (Six times in four chapters!)
- 1 SAMUEL 19:12** "David fled and escaped..."
- 1 SAMUEL 19:18** "David fled and escaped..."
- 1 SAMUEL 20:1** "David fled..."
- 1 SAMUEL 21:10** "David arose and fled that day..."
- 1 SAMUEL 22:1** "So David... escaped."

Six supports David lost during this time...

- _____ 1 Samuel 19:8 (compare with 1 Samuel 19:10)
- _____ 1 Samuel 18:14,15
- _____ 1 Samuel 19:11-17
- _____ 1 Samuel 19:18-20:1
- _____ 1 Samuel 20:42
- _____ 1 Samuel 21:10-15

Finally, David ends up in a literal cave...

"So David... escaped to the **cave** of Adullam... And all those who were in distress or in debt or discontented gathered around him... About four hundred men..." *1 Samuel 22:1,2*

"There is **no one who regards me**; there is **no escape for me**; **no one cares for my soul.**" *Psalms 142:4* (One of at least two psalms — Psalm 57 & 142 — written in the cave)

Five secrets for surviving my “cave times”

1. _____ **my concerns to God**
 “I cry aloud to the LORD; I **lift** up my voice to the LORD for mercy. I **pour** out my complaint before him; before him I **tell** my trouble.” *Psalms 142:1,2*
2. _____ **my powerlessness**
 “Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for **they are too strong for me.**” *Psalms 142:6*
3. _____ **in God’s care**
 “I have no **refuge**; no one cares for my life. I cry to **You, O LORD**; I say, “You are my **refuge**, my portion in the land of the living.” *Psalms 142:4b,5*
 “Have mercy on me, O God, have mercy on me, for in You my soul takes **refuge**. I will take **refuge** in the shadow of Your wings until the disaster has passed.” *Psalms 57:1*
4. _____ **God has a purpose for me**
 “I cry out to God Most High, to God, who fulfills His **purpose** for me... God sends His love and His faithfulness.” *Psalms 57:2,3b*
 “...those who were in distress or in debt or discontented gathered... and David became their captain.” *1 Samuel 22:2*
5. _____ **through music**
 “...I will sing and make music. Awake, my soul! Awake, harp and lyre! I will awaken the dawn.” *Psalms 57:7,8*

Hear my cry, O God; listen to my prayer. From the ends of the earth I call to you.

I call as **my heart grows faint**;

Lead me to the rock that is higher than I. For **you have been my refuge**, a strong tower...

You have given me the **heritage** of those who fear your name.

...Then will I ever **sing praise** to your name and fulfill my vows day after day.

Psalms 61:1-3,5,8

Monday

Read 1 Samuel 18:14-15, 19:1. What encouraged you most from last weekend’s sermon?

In what area of your life do you feel like you’re in a “cave”?

How can you apply what you learned last weekend to your “cave time”?

Thank God that He is always with you, even in the “cave time.” Ask Him to make you more aware of His presence and rely on His strength and timing.

Tuesday

Read Psalm 142 (written in the cave). What promises about God does David cling to in this Psalm?

Reread verses 1-2. How does pouring out your heart to God help you when life doesn’t make sense?

List three things that encourage you from this Psalm.

How will you apply these verses to your life this week?

Thank God today that you can pour out your heart to Him. Thank Him for His unending care for you. Ask Him to help you remember what you’ve learned in these verses and apply them to your life this week.

Wednesday

Read Psalm 57 (written in the cave). David briefly mentions his troubles in this Psalm and then spends the rest of the Psalm dwelling on God. What does “take refuge in God” mean to you? What prevents you from doing this? How can you apply this to your life this week?

Reread verses 7-11. How does focusing on God, praising Him and committing yourself to His plan help you in your “cave time”?

Thank God today for His plan for your life. Commit to following and focusing on Him regardless of your circumstances.

Thursday

Read Psalm 56 (written when David was fleeing the King of Gath, right before he gets to the cave). How can you relate to David’s emotions in this Psalm?

Reread verses 9-13. How does David choose to deal with the unjust treatment he’s receiving?

How can you follow David’s example in your life today?

Thank God today that He will ultimately bring justice to life. Ask Him for the faith to trust His ways and rely on His comfort in the meantime.



Memory Verse

“Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed.” *Psalms 57:1*