

# “THE CAVE OF ADULLAM”

**Text:** I Samuel 22:1 & 2, Psalm 142:1-7

**Subject:** Secrets From The Cave Of Adullam

## Introduction

(I Samuel 22 is quite a season in David's life)

- ◆ That period when he hides in caves and dens.
- ◆ Hiding from Saul who seeks to kill him.
- ◆ Hunted and hounded, running from Saul's wrath.
- ◆ A time that David describes like this:
  - I Samuel 26:20 – “I'm hunted like a partridge.”
  - Psalm 102:6 – “I'm like a pelican in the wilderness.”
  - Psalm 57:6 – “A net has been prepared to trap me.”

## **Now Remember**

There were two times David hid in a cave:

1. At En-Gedi – when he sneaked up on Saul and cut off part of his robe. (I Samuel 24:3)
2. At Adullam – when he was anxious, depressed and feeling abandoned. (I Samuel 22)

## **(Two Times In A Cave)**

At En-Gedi, David's mighty men were with him. (At En-Gedi he wrote Psalm 57)

But, at Adullam, In I Samuel 22, David is alone (and he writes Psalm 142)

In I Samuel 16 – he was anointed as Saul's successor.

In I Samuel 17 – He slays a lion, a bear and a giant.

In I Samuel 18 – he is honored for slaying 10,000 enemies.

But in I Samuel 22, he is huddled in a cave.

## **Question: Ever Been There?**

- ◆ He flees to Samuel at Ramah.
- ◆ He flees to Nob for food.
- ◆ He flees to Achish for protection.
- ◆ But now he is 16 miles southwest of Jerusalem in a cave.
- ◆ Under the mountains of Judah, in a valley between Philistia and Hebron,
- ◆ Hiding in a limestone cave called Adullam.

## **Secrets From The Shade Of Adullam**

### **I. In The Cave God Hears My Praying (vs. 1 & 2)**

David discovers here:

1. That caves make great closets of prayer.
2. That caves of solitude are great for devotion.
3. That caves can never separate us from the love of God. **But most of all we learn:**
4. That it is okay to be downcast in spirit, **but it is never God's will that you stay down!**

## **In Fact**

- ◆ It is God's will to take us from prison to praise (and) sackcloth to singing?

**Question:** How does God take His children from prison to praise today?

**Question:** What did David discover that “lifts us” regardless of the cave (wherever we are)?

God hears my praying (Vs. 1&2) (Remember vs. 6) “I am brought very low.”

### Keep In Mind

1. David is being pursued by Saul.
2. David is far from every encourager.
3. David is abandoned and hemmed in.
4. David is dismayed and disheartened.

### But David Knows Something

“He knows in the cave, that **God still listens when you pray.**”

### (What Kind of Praying?)

#### 1. David “Cried”

“I cried unto the Lord with my voice.” (v. 1)

**Fact:** Even in the cave, David lifts up his voice.

**Fact:** David echoes his appeal to God in the dark.

**Fact:** He pleads with God aloud in prayer.

**Fact:** David knows that prayer still works...

- ◆ In the cave, in the car, in the hospital, in the kitchen, in the mall, in the closet, in the night, in the church, in the valley, in the store.
- ◆ David is not praying to give God all the information of his cave (for God’s benefit).
- ◆ He is praying to get God into focus (for his own benefit).

#### 2. David “Poured”

“I poured out my complaint before him.” (v. 2)

**Fact:** The words “**poured out**” have great meaning. (They mean)

- ◆ That David kept nothing back from God.
- ◆ That David poured out his wormwood, gall, bitterness or feelings to God.
- ◆ That David emptied out his complaints to God to prevent them from fermenting on his insides.
- ◆ That David (got it out) so that God could act upon it.

#### “Poured Out” Means:

- ◆ If we fail to get out of our heart what needs to be poured out,
- ◆ It will ferment and cause us to do what we do not want to do.

#### 3. David “Shewed”

“I shewed before him my trouble.” (v. 2)

**Fact:** “Shewed before Him” in prayer means:

- ◆ That David places before God his dilemma.
- ◆ That David presents his case to God.
- ◆ That David spreads open his wound to God.
- ◆ That David expresses his confidence in God.
- ◆ That David commits his cause over to God for Divine Intervention.

**Question:** Can you do this today?

**Question:** Can you “shew before God your trouble”?

**Question:** Can you place it, present it and give your request to God for safe keeping?

## Two Choices

#1. Keep it in (and see it ferment) or #2. Pour it out (and see God go to work on it).

### In the cave the Lord hears your praying!

## II. In The Cave God Knows My Walking (v. 3)

### 1. David is “overwhelmed”

“When my spirit was overwhelmed within me” **means:**

- ◆ David is unsure of his next step,
- ◆ David is unable to see the path to walk in,
- ◆ David can’t understand what is going on,
- ◆ David can’t see beyond where he is,
- ◆ David can’t steer his boat any longer,
- ◆ David can’t figure out which way to go,
- ◆ David can’t plan his next move.

#### Ever been where David was?

- ◆ You couldn’t figure out all that God was doing?
- ◆ You couldn’t understand as to “why” something happens?
- ◆ You couldn’t see the invisible plan of God?

**Question:** How do you find rest when you haven’t got all the answers as to why something has happened?

**Question:** What settles you when life wants to overwhelm you?

**Question:** What is it that God wants us to be aware of?

### 2. David is “confident”

“Then Thou knowest my path.” (v. 3)

**Fact:** In prayer the light comes on for David.

**Fact:** In prayer the Lord breaks in with truth.

**Fact:** In prayer the Lord reveals it to us all.

**Fact:** In prayer, David sees what we must see:

- ◆ David realizes that just because he cannot see,
- ◆ It doesn’t mean that God is blind.

#### “Thou knowest my path” means:

- ◆ The Lord is not withdrawn at a distance.
- ◆ The Lord is observing with attention.
- ◆ The Lord is considering our steps.
- ◆ The Lord is aware of every step, directing our path.
- ◆ The Lord is not surprised over what surprises us.
- ◆ The Lord is still in control of your turns, your yields, your delays and your stop signs.

#### So much so,

In Adullam, David thought he was alone, but God did two things:

1. God sent him encouragers (his family and friends came to him.)
2. God sent him those who needed encouraging:  
(400 people were brought to David to help) **Which means:**

God will use your caves to touch more people.

### III. In The Cave, God Feels My Infirmities (vs. 4&5)

1. "I looked on my right hand and beheld, but there was no man that would know me."  
(v. 4)

**Fact:** David alludes here to the Jewish court system.

**Fact:** The advocate would stand on the right hand of the accused in court.

**Fact:** David feels that he has no earthly person to plead his cause.

**Fact:** No friend to protect him in the case of violent Saul in pursuit.

2. "Refuge failed me." (v. 4)

**Fact:** David feels like his anchor of security is gone.

**Fact:** David feels like his anchor of stability is gone.

**Fact:** David feels like his anchor of safety is gone.

3. "No man cared for my soul." V. 4)

First, no **advocate** to stand with him.

Second, no **anchor** to find refuge in.

Third, no **affection** to cheer him up.

**Fact:** David feels deserted.

**Fact:** David feels like he is sinking.

**Fact:** David feels abandoned by earthly friends.

**Question:** What do you remember when earthly friends are few?

**Answer:** You remember what David found out:

"I cried unto thee O Lord, I said, thou art my refuge and my portion in the land of the living." (v. 5)

#### **What David discovers:**

- ◆ That his refuge is in the Lord!
- ◆ That his Lord is always faithful!
- ◆ That his portion is in the Lord!
- ◆ That the presence of God will suffice!
- ◆ That David can lean upon God!

**Question:** What is your Adullam cave? (We'll all visit them)

Is it caring for an aging parent?

Is it poor health that leaves you with pain?

Is it a separation or death of a loved one?

Is it memory from the loss of a child?

Is it pain or abuse from those you trusted?

Is it mistreatment at the hands of someone?

Is it unexpected betrayal, injustice or rejection?

**Question:** Does the devil taunt you like he taunted David?

#### **IV. In The Cave God Restores My Soul (v. 6 & 7)**

##### **Three Appeals**

1. "Attend unto my cry." (v. 6)
2. "Deliver me from my persecutors." (v. 6)
3. "Bring my soul out of prison." (v. 7)

**Fact:** Saul was a monarch (David a fugitive).

**Fact:** Saul possessed an army (David was alone).

**Fact:** Saul was strong (David was weak) **But David found out:**

- ◆ We still have power with God in prayer!
- ◆ We still have power with God in travail!
- ◆ We still have power with God in intercession! **And God still delivers.**

**"Deliver me, for they are stronger." (v. 6)**

**Question:** Is there any sin stronger than you today?

**Question:** Is there anything exercising its power over you?

**Question:** Is there any prison you are in, where only God can bring you out?

##### **Now understand (Faith still works)**

**"Thou shalt deal bountifully with me." (V. 7)**

**Fact:** David opens with crying; but ends with singing.

**Fact:** David opens with prayer; but ends with praise.

**Fact:** David opens with despair; but ends with delight. **How?**

##### **Because God still hears us from the cave!**

**Question:** What is the big deal over Psalm 142; David's transparent crying out for help?

**Answer:** The big deal is what comes after your cave (what the devil wants to steal from your perspective).

##### **Understand this from Hebrews 12:11**

"Now no chastening is joyful, but painful, nevertheless afterwards it yields fruits of righteousness."

##### **Remember beloved,**

It was **after** the Cave of Adullam:

1. That David became king over Judah and defeated the Philistines.
2. That David conquered the Moabites, Ammonites, Edomite's and the Amalekites.
3. That David built an empire for Solomon.
4. That David organized cities of refuge.
5. That David brought the Ark back to Jerusalem.
6. That David organized Jewish Hymnology and the temple music.

##### **Why all of this?**

Because David sought the Lord as he passed through his Adullam Cave!!! (Without bitterness or resentment).

And David kept God in focus in a season when all was not well around him!

AMEN!  
Bill Kirk