

Recap of the "Crutches" the Lord removed from David's life: (1 Samuel 18-21)  
Job. Wife. Home. Counselor. Closest Friend. Self-Respect.

A Psalm of Being Low in Life: Psalm \_\_\_\_\_

### I. A Personal Challenge in the Cave

Arrivals at the Cave of Adullam:

1. David's f \_\_\_\_\_
2. D \_\_\_\_\_: those "under pressure, under stress"
3. Debtors: to "lend interests, to have a number of creditors"
4. D \_\_\_\_\_: "to be in bitterness of soul; to have been wronged or mistreated"

### II. A Perspective Change in David

Psalm 142: David at his lowest point of despair

Psalm \_\_\_\_\_: David on his knees crying out to the Lord

Psalm 34: David back on his feet again; restored by the Lord

### Three Reasons Why David's Perspective Changed:

1. He was h \_\_\_\_\_ enough to admit his need.
2. He was h \_\_\_\_\_ enough to cry for help.
3. He was h \_\_\_\_\_ enough to learn from God.

**APPLICATION:** Where do we turn when the bottom drops out from underneath you?

We all need a r \_\_\_\_\_: place of protection, safety, security, and secrecy

- A place to heal and hide
- A person who is willing, caring, and available; a confidant

### DISCUSSION QUESTIONS

1. What are some of the places of "refuge" people often turn to when they find themselves in a cave of life?
2. Out of the three reasons we looked at of why David's perspective changed, which of them for you personally is the greatest obstacle to seeking refuge in the Lord?
3. Why do you think most inside the church remain superficial in admitting what's really going in their lives with others? What must take place for us to move towards becoming more transparent with one another?
4. Is there anyone who is in a "cave" right now who needs prayer support? Are you willing to share it?