

S.O.H.L.

WEEKLY MINISTRY MEDITATIONS

Pronounced "Soul"

August 17, 2015

Coming Out Your Cave

1 SAMUEL 22:1-4 NKJV – (1) David therefore departed from there and escaped to the cave of Adullam. So when his brothers and all his father's house heard *it*, they went down there to him. (2) And everyone *who was* in distress, everyone *who was* in debt, and everyone *who was* discontented gathered to him. So he became captain over them. And there were about four hundred men with him. (3) Then David went from there to Mizpah of Moab; and he said to the king of Moab, "Please let my father and mother come here with you, till I know what God will do for me." (4) So he brought them before the king of Moab, and they dwelt with him all the time that David was in the stronghold.

Look at **Psalm 61:1-2** and listen to what David said in those verses. Do you ever feel overwhelmed by life? We all do from time to time! This text finds David is one of those times. He is in a dark, damp, dreary, depressing cave. He has experienced the loss everything and everyone he leaned on in his life. He is alone, defeated and discouraged. David is in one of the cave experiences of life.

What David did not see at the time, but soon came to understand, was the fact that God was behind it all and in control of it all. David did not know it at the time but God was going to use his time in the cave to help David grow stronger in the Lord. The day would soon come when David would emerge from that cave far stronger in the Lord than he was when he entered that time in his life.

There are times when we too find ourselves in one of life's cave experiences. We think all of our help and strength is gone. We feel alone, discouraged and deserted. Ever been there? Sure you have. In fact, some are there right now! Well, like David, when we are dwelling in one of the caves of life, we often fail to see the hand of God in what we are facing. But, I would remind you today that just as surely as God is behind all the blessings of life, He is behind all the burdens as well - **Isaiah 45:7; Psalm 37:23; Romans 8:29**.

The above passage contains blessings to consider today. Here, learn something about the cave experiences of life and to come out of them even stronger in your faith.

SCRIPTURE READING: ZECHARIAH 7:10

THOUGHT FOR THE WEEK: Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed.