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**Let God be your refuge.**

**1 Samuel 22:1-2 (NIV)** - David left Gath and escaped to the cave of Adullam. When his brothers and his father’s household heard about it, they went down to him there. All those who were in **distress** or in **debt** or **discontented** gathered around him, and he became their commander. About four hundred men were with him.

**Saul chases David from every source of stability.**

**Once the leader of Saul’s army, David is on the run from that army.**

**David was married to Saul’s daughter,  
but they slept in different beds.**

**David flees to Jonathan, his best friend.**

**Mentors can only mentor if they have access to you.**

**David gets worse in Gath, before he gets better in Adullam.**

**The enemy wants to cut you off from the positions you have  
and the people you love.**

**David ministered to those who were under stress,  
burdened by debt and soured by Saul.**

**What won’t help someone in a cave: trying harder,  
deflecting, minimizing, deflecting, comparing.**

**What will help someone in a cave: committing, connecting,  
encouraging, listening, supporting, helping, praying.**

- 1. It’s okay to not be okay.**
- 2. Trusting others requires openness and vulnerability.**
- 3. You can’t start coming out of your cave until you admit you are in one.**

**Psalm 57:1 (NIV)** - Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.

# NOTES

Public Reading: Psalm 142:1-7 (NIV)

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