

These Digging Deeper questions can be used the week following the Sunday message. You can use these questions for personal growth and development, or as a guide for your family or Connect Group discussions.

Message Recap:

Read 1 Samuel 22:1-2, Psalm 57

King David spent most of his life (before he was made king) running, hiding, and hurting. We do the same thing; we run, we hide and we hurt. Some of us won't stop until we face the consequences of our actions. When that happens, we will either keep running away, or we will soften our hearts toward God. When you are finally done with yourself and you give your heart to God, then God will be there for you. In 1 Samuel 22, David is in the cave of Adullam. It is here that he wrote Psalm 57. It is here that David found refuge in God, trusting in him alone. It is where he transformed his thinking and where he praised God. God was there for David, and he will be there for you, too. God's not going to let you down. He is there to help you. You just have to trust him.

Pray

Father, you are there for us, no matter what. Even when we run. Thank you for loving us so deeply. Thank you for always being there for us, helping us do what you ask us to do and helping us through our hardships. Giving us refuge in our caves. Help us learn how to trust you. Help us transform our thinking, and help us give thanks for all you do for us.

Getting Started

- Share something that happened in your past that defines something about you today.
- What question are you trying to get an answer to from the world? How would God answer that question instead?

Digging Deeper

1. What is a "cave situation"? When was the last time you had a cave experience?
2. How we endure a cave experience defines us. Compare how a believer has a cave experience with the experience of someone who doesn't know God.
3. Read Psalm 57 aloud. What part of this Psalm can you relate to the most?
4. What does it look like to take refuge in God? Share some practical steps to trusting God alone.
5. While he was in the cave, David transformed his thinking. Instead of being worried or scared, he became a confident leader. What are some practical steps to transform your thinking about a hard situation? What does it look like when it's applied to your life?
6. When you are seeking God in your situation, he will show you his truth. What are some of God's truths that have given you peace in the "cave"? Where did you find those truths?
7. How is God strengthening you right now? What are you going to do or change because of what you've learned this week?

Living Jesus

God is always there to help you through your trials *and* through everything he asks you to do. He is watching out for you. He is not going to let you down. Living Jesus means you trust the will of the Father, just like Jesus did in his life. It means that you put yourself in the middle of God's will for your life, and no matter what you have to walk through, you trust that he will take care of you. It is not always easy, but when you put your full trust in God, he will give you everything else that you need.

Your Story

Share with us the last time you had a "cave experience" and how God used that time to transform your thinking and give you his truth. How was God revealed to you in that situation?

Contact us [here](#) and we will get in touch with you to help you tell your story (for the blog or on video) to encourage others.