



Scotts Hill Baptist Church

AFTER GOD'S HEART • CAVE DWELLERS • 1 SAMUEL 22:1-2 • 10/4/2026

MAIN POINT

When we find ourselves in a difficult season, God can use our caves as places of refuge, clarity, and preparation to accomplish His purposes through us and help us become a refuge for others.

INTRODUCTION

As your group time begins, use this section to introduce the topic of discussion.

When life gets difficult, where are you most tempted to go for escape, comfort, or relief?

Why do you think our natural response to pain is often to isolate ourselves?

Have you ever gone through a difficult season that God eventually used to shape you or redirect you? What did you learn?

Everyone has "caves"—places we retreat when life becomes painful, overwhelming, or uncertain. Sometimes those places provide temporary rest, but they can also become places of isolation where fear, discouragement, and despair grow. David experienced his own cave during one of the darkest seasons of his life. Yet what initially looked like a place of hiding became a place where God gave him clarity, brought people into his life, and prepared him for what was ahead.

UNDERSTANDING

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

| HAVE A VOLUNTEER READ 1 SAMUEL 22:1 AND PSALM 57:1-3.

What do these passages reveal about David's circumstances?

According to Psalm 57, where did David ultimately find refuge?

David's cave was a real place of refuge from Saul, but Psalm 57 reveals that David discovered something greater: the Lord Himself was his refuge. His circumstances had not changed, but his perspective had. Instead of allowing his circumstances to define God, David learned to view his circumstances through the character and sovereignty of God.

What is the difference between hiding from our circumstances and finding refuge in God?

When you are hurting, what helps you remember that God is still your refuge?

| HAVE A VOLUNTEER READ PSALM 57:2-10.

What does David believe about God's control over his circumstances?

How does David respond to God in the middle of his difficult circumstances?

David recognizes that God is sovereign and is still fulfilling His purposes even while he is surrounded by danger. As his confidence in God grows, his response changes from fear to worship. He declares that his heart is steadfast and chooses to praise God in the middle of his circumstances.

How can worship change our perspective when our circumstances have not changed?

What makes it difficult to worship when you are in a "cave"?

| HAVE A VOLUNTEER READ 1 SAMUEL 22:1-2.

Who came to David in the cave?

Why do you think God brought these particular people into David's life?

David's cave did not remain empty. His family came to him, along with people who were distressed, in debt, and bitter. What initially looked like a group of unlikely companions eventually became the men who would serve David as leaders and mighty men.

Their presence reminds us that we are not the only people experiencing hardship. God may even bring unlikely people into our lives during difficult seasons—not only to help us, but also to give us an opportunity to help them.

Who might God have placed around you who is hurting right now?

How could you use your own difficult experiences to encourage someone else?

APPLICATION

Help your group identify how the truths from the Scripture passage apply directly to their lives.

What is your "cave"—where do you tend to retreat when life becomes difficult?

Is your current refuge ultimately God, or are you finding your security in something else?

What circumstance are you currently struggling to trust God with?

How can you intentionally turn from worry toward worship in that circumstance?

Who has God placed in your life who may be hurting and need encouragement?

Could God be using your current season not only to shape you but also to prepare you to help someone else?

What is one step you can take this week to stop becoming paralyzed in your "cave" and begin faithfully moving forward?

PRAYER

Close in prayer, thanking God that He is our refuge when life becomes difficult and that He remains sovereign over every circumstance. Thank Him that our caves do not mean He has abandoned us or that our story is over. Ask God to give us clarity when we are afraid, steadfast hearts when circumstances are difficult, and the faith to worship Him in the middle of our struggles. Pray that God would help us recognize the people He has placed around us who are hurting and give us compassion and courage to encourage

them with the hope of the gospel. Ask Him to use our difficult seasons to prepare us for His purposes rather than allowing us to become paralyzed by them.

COMMENTARY

1 SAMUEL 22:1 — THE CAVE

David escaped to the cave of Adullam during one of the lowest points of his life. He had lost his position, security, relationships, and sense of stability and was running from Saul. The cave became a place of retreat and refuge from his immediate circumstances.

Our own "caves" can take many forms. When life becomes painful, we may isolate ourselves through work, hobbies, entertainment, or other forms of escape. While a temporary retreat can provide needed rest, isolation can also become a place where fear and discouragement take control.

PSALM 57 — THE CLARITY

Psalms 57 provides insight into David's heart during this season. David recognized three important truths.

First, the Lord is his refuge. His ultimate safety was not found in a physical cave but in God Himself.

Second, the Lord is sovereign over his circumstances. David trusted that God would fulfill His purposes even while he faced danger and uncertainty.

Third, his proper response was worship. David declared that his heart was steadfast and chose to praise God even before his circumstances changed.

The cave became a place where David's focus shifted from his circumstances to the God who controlled them.

1 SAMUEL 22:1-2 — THE COMPANIONS

David's isolation did not last forever. His family and approximately four hundred distressed, indebted, and discontented people gathered around him. These were unlikely companions, but God would eventually use them significantly in David's life.

The people who came to David were experiencing their own crises. Their presence reminds us that we are rarely the only people hurting. God may bring hurting people into

our lives so that we can encourage one another and point each other toward Him.

THE PURPOSE OF THE CAVE

David did not remain paralyzed in the cave. He became a leader to the people who gathered around him. He organized them, trained them, and helped them understand that God was still at work.

A difficult season does not mean God's purposes have stopped. Sometimes God uses our caves to reroute our lives, deepen our trust, prepare us for future ministry, and make us a refuge for others.

The goal is not simply to escape the cave, but to discover God within it and faithfully respond to what He is doing there.