

Series: Victory in the Valley's

C.R. 11-11-18

"Overcoming the Caves"

**Text:** Psalm 142

**Intro:** Do you ever feel like no one cares? Do you have feelings of isolation? Today we will continue in our series Victory in the Valley's by looking at a time in David's life when he felt exactly the same way. The fact is life is not all sunshine and giggles. Life has ebbs and flows in it. It just can't be helped. David is in a tough spot and thankfully he writes it down. Through the pen of David God is going to help us overcome the cave moments of our lives. They are going to happen, but there is a way out.

**1) The Situation David Was In**

- a. Notice the heading of this Psalm.
- b. "**Maskil**" = Meaning to be prudent, wise, to give insight and instruction.
- c. It is an instructive Psalm.
- d. "when he was in the cave". Only appears under Psalm 57.
- e. David does not designate which cave. We know of the cave at Adullam (1 Sam. 22) and the cave at Engeddi (1 Sam 24).
- f. Most scholars believe that it was the cave at Adullam.
- g. **Read 1 Samuel 22:1-2**
- h. David is running for his life from a possessed King. He is now surrounded by an unorganized, inefficient, depressed mob without a leader.
- i. He was probably stressed out and asking, "Why Me" and "What Now".
- j. We don't know what all was going on, but we do know some things because he wrote a song about it.

**2) The Desperation He Faced.**

- a. **Look at v. 3-7.**
- b. Note the language of each of the verses.
- c. "I cry aloud" = shriek, to sound as thunder, to bellow. From the inside of that cave he cries out to God.
- d. This is a man that once a hero in the land now feels stripped, and worthless, and useless.
- e. He has forgotten how God views him. This is what we do when we are in the caves of life.
- f. God saw David as a King. He loved him and valued him.
- g. V. 3. The Message. "As I sink in despair, my spirit ebbing away, you know how I am feeling, Know the danger I'm in, the traps hidden in my path.
- h. **V.4.** What a statement. "no man cared for my soul".

- i. He felt isolated. When he had killed Goliath, the whole nation was singing his praise. He had the ear of the King and was the King's son in law. He had plenty of friends.
- j. But when Saul turned against him his so-called friends did not know him anymore.
- k. What a mission passage here. No man cared for my soul. May it never be.
- l. **Read from John Phillips commentary on Psalm 142.** Page 205. See attached.
- m. You can be around a huge crowd of people but feel alone. This is where David is.
- n. (v.6) David says "I am brought very low, and my persecutors are stronger than I.
- o. Somehow strength always seems to be in the hand of the enemy. The enemy will stop at nothing. He will kill, and destroy.
- p. Saul had the power of the people and the government. He had the army.
- q. David had God.

### 3) The Proclamation of David.

- a. (v.6) David says "I am brought very low, and my persecutors are stronger than I.
- b. Somehow strength always seems to be in the hand of the enemy. The enemy will stop at nothing. He will kill, and destroy.
- c. Saul had the power of the people and the government. He had the army.
- d. David had God.
- e. David could not see the end of the story, but he believed in God.
- f. **Read V.5, & v. 7.**
- g. The reason he was crying out to God in the first place is because he knew that is where the answer is.
- h. The Message V.5 "I cry out, God, call out. You're my last chance, my only hope for life!"
- i. David tells God if you get me out of this dungeon that I am in, I will thank you in public.
- j. Let the whole world hear. I am not ashamed.
- k. God did not spare David from this cave, but he did deliver him from it. He had a purpose.
- l. The end of this Psalm is clear. David is still in the cave, but he knows he is not alone.