

DEVELOPING A HEART FOR GOD "SURVIVING A JEALOUS HEART"

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AFTER HIS SUCCESS AGAINST GOLIATH, THINGS GET BAD FOR DAVID...

"David was prospering in all his ways, for the LORD was with him..."
1 Samuel 18:14 (NIV)

"Saul was very angry; (**burned within**) this refrain galled (**inner turmoil**) him. 'They have credited David with tens of thousands,' he thought, 'but me with only thousands. What more can he get but the kingdom?' And from that time on Saul kept a **jealous** eye (**envious and suspicious**) on David." 1 Samuel 18:8,9 (NIV)

"Jealousy may not seem to be a major sin, it is one step short of murder. Jealousy starts as you resent a rival; it leads to your wishing he or she were removed; then it manifests itself in your seeking ways to harm that person in word or action. Beware of letting jealousy get a foothold in your life." NLT Commentary

- **1 Samuel 19:10** "David fled and escaped..."
(Six times in four chapters!)
- **1 Samuel 19:12** "David fled and escaped..."
- **1 Samuel 19:18** "David fled and escaped..."
- **1 Samuel 20:1** "David fled..."
- **1 Samuel 21:10** "David arose and fled that day..."
- **1 Samuel 22:1** "So David... escaped."

6 SUPPORTS DAVID LOST DURING THIS TIME...

1. **POSITION** 1 Samuel 19:8
(compare with 1 Samuel 19:10)
2. **PROSPERITY** 1 Samuel 18:14,15
3. **PARTNER** 1 Samuel 19:11-17
4. **PROPHET** 1 Samuel 19:18-20:1
5. **PEER** 1 Samuel 20:42
6. **PRIDE** 1 Samuel 21:10-15

Zuk under pressure or stressed

Nahash to have a number of debtors

Maar nephesh bitterness of soul wronged and mistreated

FINALLY DAVID ENDS UP IN A CAVE, LITERALLY...

"So David... escaped to the **cave** of Adullam... And all those who were in distress (**Zuk –under pressure or stressed**) or in debt (**Nahash – number of debtors**) or discontented (**Maar nephesh- bitterness of soul wronged and mistreated**) gathered around him... About four hundred men..."
1 Samuel 22:1,2

"There is **no one who regards me**; there is **no escape for me**; **no one cares for my soul.**" *Psalms 142:4* (One of at least two psalms — Psalm 57 & 142 — written in the cave)

5 SECRETS FOR SURVIVING MY "CAVE TIMES"

1. **RELEASE** my concerns to God

"I cry aloud to the LORD; I **lift** up my voice to the LORD for mercy. I **pour** out my complaint before him; before him I **tell** my trouble." *Psalm 142:1,2*

2. **RECOGNIZE** my powerlessness

"Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for **they are too strong for me.**" *Psalm 142:6*

3. **RELAX** in God's care

"I have no **refuge**; no one cares for my life. I cry to **You**, O LORD; I say, 'You are my **refuge**, my portion in the land of the living.'" *Psalm 142:4b,5*

"Have mercy on me, O God, have mercy on me, for in You my soul takes **refuge**. I will take **refuge** in the shadow of Your wings until the disaster has passed." *Psalm 57:1*

4. **REMEMBER** God has a purpose for me

"I cry out to God Most High, to God, who fulfills His **purpose** for me... God sends His love and His faithfulness." *Psalm 57:2,3b*

"...those who were in distress or in debt or discontented gathered... and David became their captain." *1 Samuel 22:2*

5. **REFOCUS** through music

"...I will sing and make music. Awake, my soul! Awake, harp and lyre! I will awaken the dawn." *Psalm 57:7,8*

Bottom line: When you find yourself in a dark **CAVE**, always remember it's not a cave it's only a **TUNNEL**. Have **HOPE**, God has a plan.

TIME WITH GOD

The Bible was written to us, the Psalms were written for us. They are the prayers and songs of the Bible. As you read through the Psalms, make these prayers your prayers. Paraphrase verses to become your prayers to the Lord. Write out your own Psalms to the Lord. How powerful it is to pray back God's Word to Him. Blessings on your daily time with the Lord.

Monday – Read Psalm 19-21

Tuesday – Read Psalm 22-24

Wednesday – Read Psalm 25-27

Thursday – Read Psalm 28 -30

Friday – Read Psalm 31-33

Saturday – Read Psalm 34-36