



Tips For Living In A Cave - Doug Tensen

Icebreaker:

1. What is your favorite camping memory?
2. What is your go to camping food?

Summary:

God allows us to be stuck in a dark cave in the wilderness not to be bitter, but to be better. He doesn't allow our wilderness experience to punish us, but to perfect us. God does some of his best work in caves. When we're in the midst of a wilderness experience, we can still choose to trust God to lead us out, no matter how long it takes. There's always something to learn in the wilderness, always an opportunity to see God's power at work around us. And we should never take the shortcut and leave early, but should instead trust God, cling to him, and hold on to him. God's love is better than life.

Engage the Bible:

- 1st Samuel 22, 23, 24 – David in the Wilderness; he spares King Saul's life in the cave
- Psalm 63 – A Psalm of David when he was in the wilderness of Judah
- Psalm 142 — A prayer of David from a cave in the wilderness

Small Group Questions:

- Think of a time when you were in the wilderness. How did it feel? How did you see God working through your life as a result of it? What did God teach you during that time?
- When David was in the wilderness for a decade, he spent time learning — learning how to fight, lead men, and trust God. When you're in the wilderness, how can asking yourself, "What can I learn from this and how will God use this in my life?" change your attitude/perspective?
- Read Psalm 63 out loud (which David wrote while he was in the wilderness). Now read it a second time and let the words sink in. What verse(s) stand out to you the most? Why?
- Have you ever been tempted to take a shortcut that will bring temporary relief but a lifetime of regret? What can you do when you're tempted to take those shortcuts in the future?
- CHALLENGE: If you're currently in the wilderness, pray that you would experience God's love during this time. Spend time meditating on Psalm 142 — pour your heart to God like David did. If you aren't in the wilderness, think of a way you could encourage a friend this week that might be there.