

SURVIVING THE CAVE

Life Group Discussion Questions – November 29, 2020

What do we risk losing in the cave?

<u>POSITION</u>	1 Samuel 19:8
<u>PROSPERITY</u>	1 Samuel 18:14 & 15
<u>PARTNER</u>	1 Samuel 19:11 – 17
<u>PROPHET</u>	1 Samuel 19:18 – 20:1
<u>PEER</u>	1 Samuel 20:42
<u>PRIDE</u>	1 Samuel 21:10 – 15

How do we respond to loss and crisis? Not how should we...but how do we respond?

Elijah illustrates for us 5 unhealthy but common reactions when our faith is replaced by fear.

- 1 Kings 19:3 **ANXIETY AND WORRY**. Fear binds us.
- 1 Kings 19:3-4 **MAKING RASH DECISIONS**. Giving up on life.
- 1 Kings 19:8-9 **RUNNING FROM RESPONSIBILITY**. Entering into the cave.
- 1 Kings 19:10a **BLAMING OTHERS**. Judging is God's job.
- 1 Kings 19:10b **COMPLETELY LOSING PERSPECTIVE**. Things are never as bad as you think.

How do we survive the "cave" times in our lives? Jesus warned we would have them in John 16:33.

Five "Secrets for Surviving Cave Times" – Not escape the inevitable but better survive it.

- Psalm 142:1 & 2 **RELEASE** my concerns to God. Options: Confession or repression/depression.
- Psalm 142:4 & 5 and Psalm 57:1 **REST** in God's care. Don't even attempt to control.
- Psalm 143:6 **RECOGNIZE** my powerlessness. They are too strong for me.
- Psalm 57:2 & 3b **REMEMBER** that God has a purpose for me. Do I believe that God is in the cave with me working His perfect plan?
- Psalm 57:7 & 8 **RE-FOCUS** through music. Awaken the soul, Awaken the dawn.

How do I accomplish this? Back to Paul for 3 pieces of advice:

- STAND** firm! **CONSISTENCY**. How? Do not give up. Philippians 1:27
- STICK** together! **COMMUNITY**. How? Don't go it alone. Philippians 1:27
- STAY** confident! **COURAGE**. How? Don't be afraid. Philippians 1:28 – 30

Philippians 1:12-14 "Now I want you to know, brothers and sisters, that my circumstances have turned out for the greater progress of the gospel, so that my imprisonment in the cause of Christ has become well known throughout the praetorian guard and to everyone else..."

DISCOVER

- Read 1 Kings 19. When Elijah ran for his life, where did he ultimately run to? How long did that journey take?
- Read Philippians 1. Where was Paul when he wrote this epistle? Why was Paul so keen on writing to the Philippian church? Read Acts 16 and describe the major events that happened there.

EXPLORE

- Regarding the above passage in 1 Kings 19, God was intentional about leading Elijah to the cave. Where do you see evidence of this? How was Elijah different on leaving the cave than when he first arrived?
- In Paul's opening prayer to the Philippians we see his thankfulness and joy for them. Why is this so important? Read Ephesians 1:13-14. How does the passage embolden us in our faith, regardless of the circumstances we are in or going to be in?
- Read 1 Samuel 21:10 to 22:5. How did the cave of Adullam become a stronghold for David? In the spiritual sense, what does the term "stronghold" imply? Is this validated by what transpired in the cave?

EXPERIENCE

- Spiritually speaking, it's safe to say that God has intentionally led you to a particular place in your faith journey, especially as a result of these difficult times. Are you able to discern what He is saying? Besides leaving your "cave," what does God want you to do? What will you do with this awareness? How can your Life Group be of assistance?
- How would you have responded to the above EXPERIENCE questions one year ago today? Share your one-year journey with your group, especially noting the benchmarks along the way.
- What "Goliath" are you facing today? Has God has already equipped you to deal effectively with this giant? How so? How would you counsel a non-believer who is dealing with a giant in their life? Despite their lack of faith, do you think God has equipped them, too? Explain.

PRAY

Pray that we would live our lives above our circumstances; that no matter our life's hardships, we will not shrink back from first proclaiming God's glory and gospel truths. Ask God to help us move forward in this area not by our efforts or understanding, but by His Spirit, and being fully confident in the knowledge that He has well-equipped us and goes before us.