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**When A Cave Becomes A Classroom**  
**1 Samuel 22: 1-5, July 31, 2016**

Although the Lord was with David, he had not escaped all the problems that would happen in his life as we can see in the following verses of 1 Samuel 22:1-5.

In this particular text, David escapes King Achish and finds himself hiding in the cave of Adullam. Think about it, a former shepherd and citizen of the court is now in a cave. Therefore, no matter what your past may be, all of us will find ourselves in a cave at some point in our lives.

Caves are dark places of loneliness and sorrow. The interesting thing about caves is that they are not confined to any one location. Caves are not created by locations but as a result of relationships with people.

While in a cave, there are lessons that you should learn:

**1. Caves Allow for Opportunities to Refocus**

David has time to reassess his position in life while being in the cave at Adullam.

David did not want any misunderstanding of what was going on in the cave so he wrote several Psalms while alone in the cave.

Psalms 57 - David refocuses on the Lord and not his circumstances. He does not focus on the negative situations he finds himself in.

David not only refocuses on the Lord but he also continues to praise the Lord for who He is and how the Lord has made provisions for him.

Don't let your cave steal your praise because you can praise God in the midst of your cave.

**2. Caves Are A Perfect Place For The Lord To Work In You and Through You**

God can turn your cave into a productive place. The question is, will we allow the Lord to produce something that will benefit others.

Are we willing to come out of our caves better people than when we went in?

In a cave moment in his life, Horatio Spafford a prominent American lawyer experienced a family tragedy in which four of his daughters died. He penned the words "When peace like a river attends my way, when sorrows like sea billows roll; whatever my lot, thou has taught me to say, it is well, it is well, with my soul."

In spite the cave moment in his life, Spafford, like David had the presence of mind to give praise unto the Lord.

Jesus too a cave situation (the tomb) and gave us salvation. The experiences in the dead and foreboding tomb after three days went from being a place of death to a place of resurrection. I thank God for the cave.