



Title | A Tale of Two Refuges
Series | Making a Difference in a Nation Adrift
Text | 1 Samuel 22:1-23
By | Bob Kerrey
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Sermon Notes

1 Samuel 22:1 David departed from there and escaped to the cave of Adullam. And when his brothers and all his father's house heard it, they went down there to him. 2 And everyone who was in distress, and everyone who was in debt, and everyone who was bitter in soul, gathered to him. And he became commander over them. And there were with him about four hundred men. 3 And David went from there to Mizpeh of Moab. And he said to the king of Moab, "Please let my father and my mother stay with you, till I know what God will do for me." 4 And he left them with the king of Moab, and they stayed with him all the time that David was in the stronghold. 5 Then the prophet Gad said to David, "Do not remain in the stronghold; depart, and go into the land of Judah." So David departed and went into the forest of Hereth.

Psalm 142:4 Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul. 5 I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living."

Psalm 52:7 "See the man who would not make God his refuge, but trusted in the abundance of his riches and sought refuge in his own destruction!" ESV

Big Idea:

Psalm 142:5 I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living." ESV

For Reflection and Application:

Monday:

Read 1 Samuel 22:1-5. What evidence do you see that suggests David has made God his refuge?

Tuesday:

Read Psalm 142. According to the superscription, who wrote it and when was it written? See 1 Samuel 22:1 for further context. In Psalm 142:4, to what extent can you identify with David's feelings of being alone, vulnerable, with no one to protect him, and nowhere to turn? In verse 5, David counters his feelings with a choice. What is the choice? Is it a choice you can make?

Wednesday:

Read 1 Samuel 22:6-23. What evidence do you see that suggests Saul has not made God his refuge? What is Saul trying to protect? How does he go about it? What is the difference between Saul and David in the story of 1 Samuel 22?

Thursday:

Read Psalm 52. According to the superscription, who wrote it and what occasion inspired it? In verse 7, what is Saul's refuge? What is the result of choosing this refuge? Is this still true today?

Friday:

In what ways might you be tempted to engage in unhealthy forms of self-protection which can be harmful? In what specific ways can you seek God as your refuge?

Daily Prayer:

Lord, when I feel threatened and vulnerable, I cry to you, saying, "You are my refuge and my portion." Amen.

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