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### PRAYER

Father thankyou for your great plan for each of us and thank you that you are always with us, you never leave us or forsake us, help us to hear and see you daily in our lives.

### WARM UP

(OPTIONAL)

How often do you and your best friend's meet up for coffee, catchup, hangout etc and what determines your catchup?

### NOTES

## WORD

<sup>1</sup>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. <sup>2</sup>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. <sup>3</sup>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." <sup>4</sup>They will see his face, and his name will be on their foreheads.

<sup>5</sup>And night will be no more. They will need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever. <sup>6</sup>And he said to me, "These words are trustworthy and true. And the Lord, the God of the spirits of the prophets, has sent his angel to show his servants what must soon take place." <sup>7</sup>"And behold, I am coming soon. Blessed is the one who keeps the words of the prophecy of this book." <sup>8</sup>I, John, am the one who heard and saw these things. And when I heard and saw them, I fell down to worship at the feet of the angel who showed them to me

[Samuel 22:1-8](#) (ESV)

## GUIDE QUESTIONS

1. David's family went down to where he was during this time, would you consider yourself as one that would go down to where a family member was to provide comfort and encouragement?
2. What situations will force you into your cave of Adullam (or your quiet place)?
3. How do you deal with distress, debt or discontent? What about unforgiveness or pride?
4. How can we better recognise that God is wanting to be alone with us?

## PRAYER LIST