



**1 Samuel 21:10-11**, *And David rose and fled that day from Saul and went to Achish the king of Gath. And the servants of Achish said to him, “Is not this David the king of the land? Did they not sing to one another of him in dances, ‘Saul has struck down his thousands, and David his ten thousands’?”*

- ✳ **Gath:** one of the five main cities of the Philistines—Goliath was from Gath.
- ✳ Unclear why David goes to the Philistines, but it’s possible that David is either looking to make money as a mercenary, or he’s so desperate to get away from Saul that he runs into enemy territory.
- ✳ **King of the land:** Either the Philistines had heard that David was next in line to be king, or possibly they are using the word “king” to mean a type of ruler/general.

## DAVID IS

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**1 Samuel 21:12-15**, *And David took these words to heart and was much afraid of Achish the king of Gath. So he changed his behavior before them and pretended to be insane in their hands and made marks on the doors of the gate and let his spittle run down his beard. Then Achish said to his servants, “Behold, you see the man is mad. Why then have you brought him to me? Do I lack madmen, that you have brought this fellow to behave as a madman in my presence? Shall this fellow come into my house?”*

- ✳ **Much afraid:** This is the only time in all of first or second Samuel where it says that David was afraid of what was going on around him.
- ✳ **Shall this fellow come into my house?:** There was a lot of superstition associated with certain mental disorders in the ancient world.

**Psalms 34**, Title of this Psalm: *Of David, when he changed his behavior before Abimelech, so that he drove him out, and he went away.*

- ✳ **Abimelech:** The difference we see between Achish (in 1 Samuel 21) and Abimelech (in the title of Psalm 34) is that one is a name and the other is a title. (Abimelech translated in English means “Father King”).
- ✳ In Psalm 34 David says, “I sought the LORD, and he answered me...those who look to him...this poor man cried, and the LORD heard him”: Finding himself in a desperate situation, David takes his fear and desperation to the Lord.

## DAVID TAKES

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**1 Samuel 22:1a**, *David departed from there and escaped to the cave of Adullam.*

**Psalms 57**, Title of this Psalm: *To the choirmaster: according to Do Not Destroy. A Miktam of David, when he fled from Saul, in the cave.*

- ✳ **Miktam:** Exact meaning is unknown, but probably a musical or liturgical term. Appears in the title of 6 Psalms...almost always associated with great danger and trusting in God’s protection.
- ✳ In you my soul takes refuge: the cave becomes a picture or a parable of divine refuge.

**Psalms 142**, Title of this Psalm: *A Maskil of David, when he was in the cave. A Prayer.*

- ✳ **Maskil:** A psalm that is written to impart wisdom and spiritual insight.
- ✳ **A Prayer:** We've been given David's prayer in the cave in order that we could gain wisdom and spiritual insight.

## DAVID IS A

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**1 Samuel 22:1-4**, *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. 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. 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." And he left them with the king of Moab, and they stayed with him all the time that David was in the stronghold.*

- ✳ David is a resource to his family not only in the cave, but also provides protection to his parents by bringing them to Moab. David's great-grandmother could explain why they went to Moab. (See the story of Ruth).
- ✳ David is also a resource to a group of about 400 men that find their way to him in this cave. They are described as:  
  
"Distressed"—also translated as anguish. "In Debt"—being under a weight of owing something and payment being demanded. "Bitter in soul"—internal sourness and discontent.

**1 Samuel 14:52**, *There was hard fighting against the Philistines all the days of Saul. And when Saul saw any strong man, or any valiant man, he attached him to himself.*

- ✳ Notice the contrast between Saul and David: Saul puts his trust in what the world offers and looks to gather resources. David puts his trust in God and becomes a resource.

## DAVID AS A

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**Matthew 11:28-30**, *Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.*

**Mark 2:15-17**, *Later, Levi invited Jesus and his disciples to his home as dinner guests, along with many tax collectors and other disreputable sinners. (There were many people of this kind among Jesus' followers.) But when the teachers of religious law who were Pharisees saw him eating with tax collectors and other sinners, they asked his disciples, "Why does he eat with such scum?" When Jesus heard this, he told them, "Healthy people don't need a doctor—sick people do. I have come to call not those who think they are righteous, but those who know they are sinners." (NLT)*

- ✳ Brokenness and sickness of soul never keep us from coming to Jesus—they are requirements for coming to Him.
- James 2:5**, *Listen, my dear brothers and sisters: Has not God chosen those who are poor in the eyes of the world to be rich in faith and to inherit the kingdom he promised those who love him?*
  - ✳ The distressed, indebted, and discontent are the people that are near and dear to the heart of Christ...He leads His people to feel the same.
  - ✳ This is only accomplished in the heart (difference between Saul and David)...so we pray:

**Psalms 139:23-24**, *Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.*