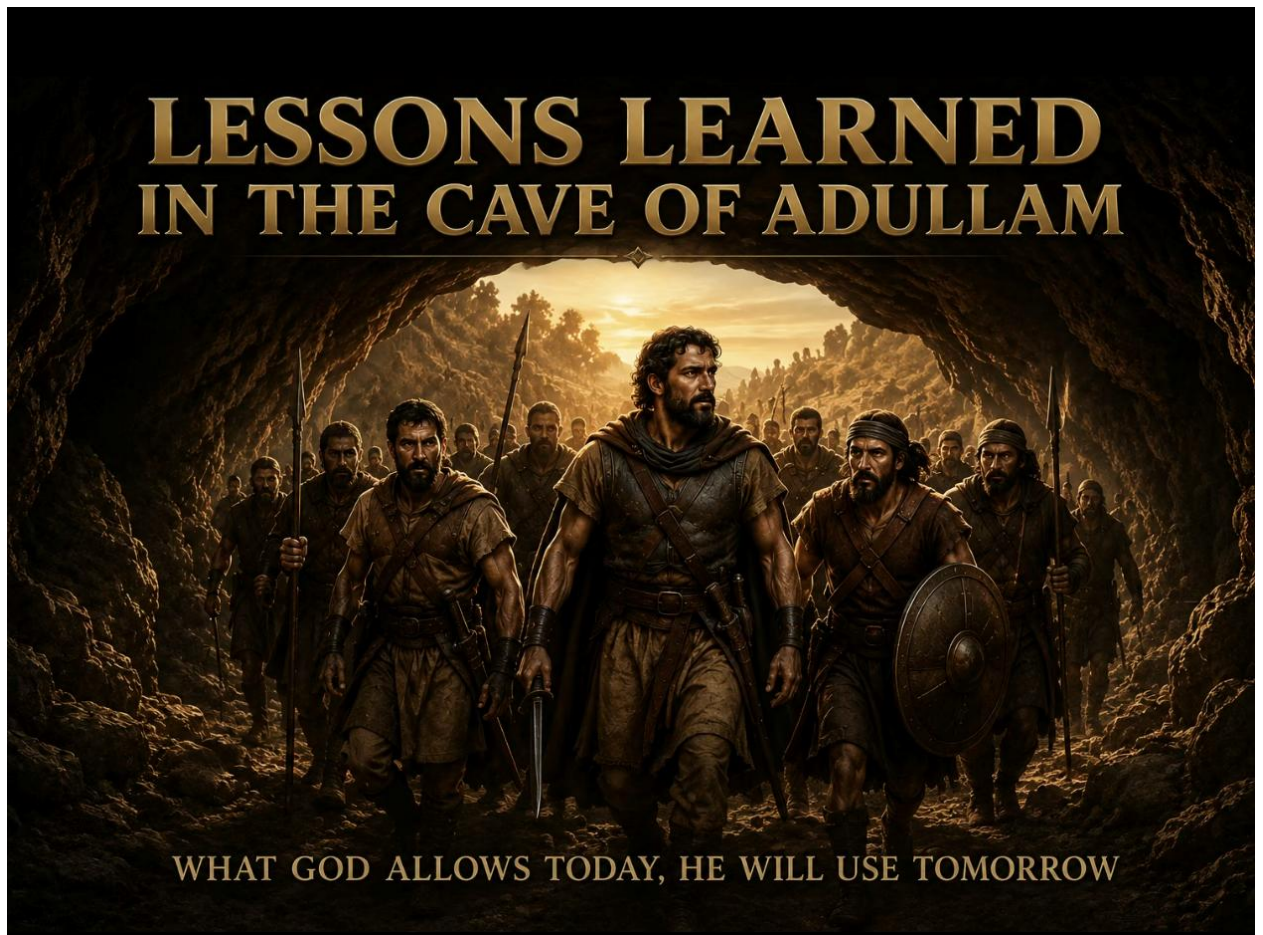


LESSONS LEARNED IN THE CAVE OF ADULLAM

By Pastor D.L. Rogers, August 2026



1 Samuel 22:1-2 MSG

So David got away and escaped to the Cave of Adullam. When his brothers and others associated with his family heard where he was, they came down and joined him. Not only that, but all who were down on their luck came around—losers and vagrants and misfits of all sorts. David became their leader. There were about four hundred in all.

In 1 Samuel 22, David escapes to the Cave called Adullam to hide from King Saul.

In Hebrew, Adullam means "refuge" or "hiding place". It comes from a root word meaning to "turn aside".

David became a leader to 400 outcasts and relocating his parents to Moab before returning to Judah under prophetic direction.

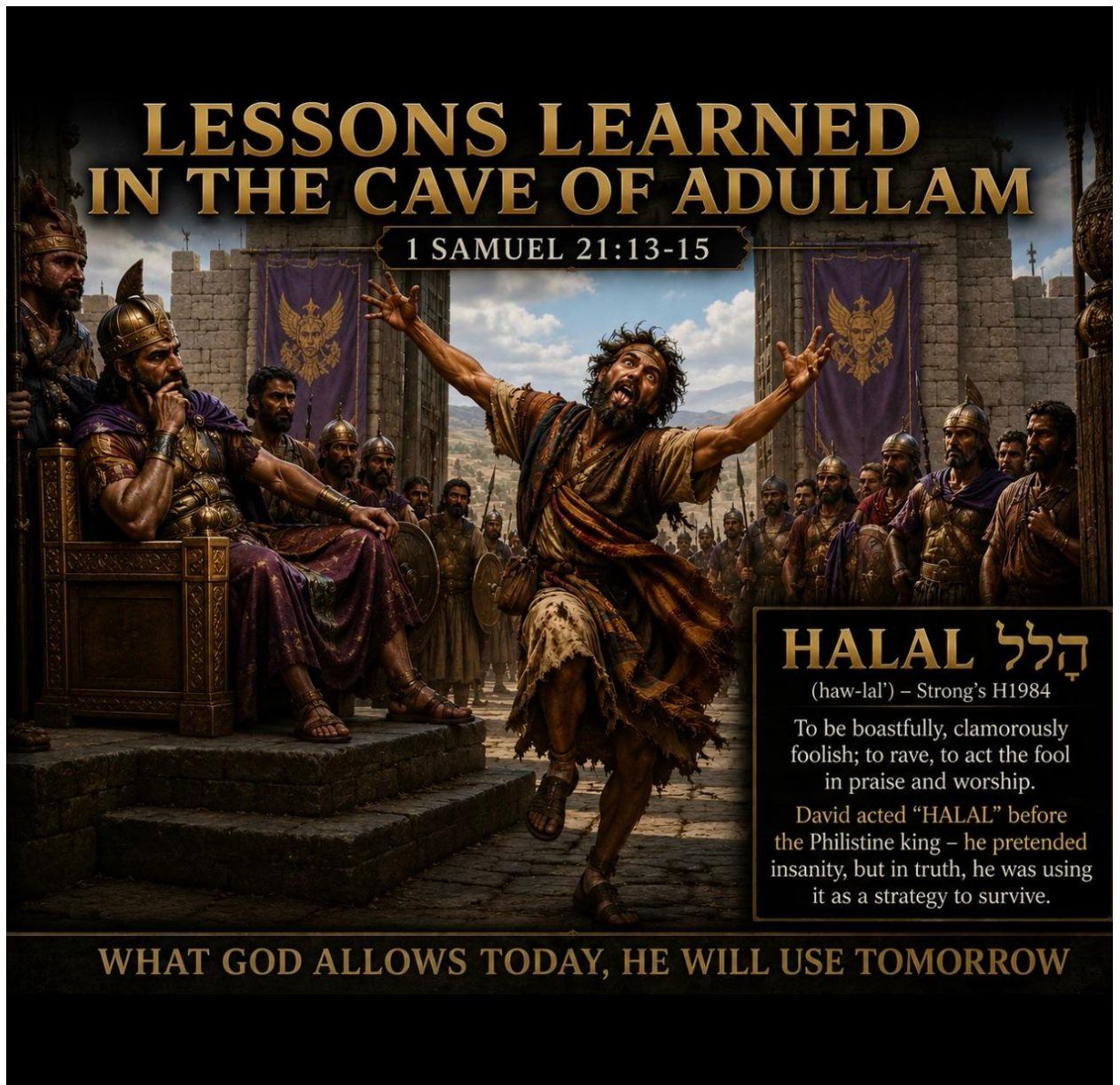
1 Samuel 22:2 ESV puts it this way,

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.

I WANT YOU TO UNDERSTAND THE HARSH CONDITIONS DAVID WAS FACING BEFORE HE WENT TO THE CAVE OF ADULLAM

- David had just Escaped from Gath, fleeing the Philistine city where he purposely slobbs spite from his mouth acting like he is crazy at the doors of his philistine enemies in 1 Samuel chapter 21.

Put up the image at this time.



1 Samuel 21:13-15 AMPC

And he changed his behavior before them, and pretended to be insane in their [Philistine] hands, and scribbled on the gate doors, and drooled on his beard. [14] Then said Achish to his servants, You see the man is mad. Why then have you brought him to me? [15] Have I need of madmen, that you bring this fellow to play the madman in my presence? Shall this fellow come into my house?

This word, "INSANE" comes from the Hebrew word, "HALAL" from strings H1984. It literally means to boastfully make a fool clamorously of yourself with praise in front of your enemy!!

David found safety in the enemies camp for a year. All because Saul was trying to kill him. This is the kind of worship and love for his God he brought into the cave of Adullam.

You learn clamorous praise in the enemies camp. Not in the church house. This is a lesson David brought to these losers in the cave of Adullam.

- So David is joined at the cave of Adullam by his family and a band of roughly four hundred men who are described as losers, depressed, misfits, vagrants people in financial debt and bitter with life. They were nobody's that nobody noticed.
- Instead of remaining an isolated fugitive, the anointed future king steps into a leadership role, becoming the commander of society's marginalized outcasts.
- Adullam became a Haven where David could hide from King Saul's wrath.
- It became the base where outcasts, debtors, and distressed citizens found a fair leader in David, who turned them into a community.
- The cave represents a spiritual wilderness where God breaks down pride and self-reliance.
- Before David could rule a kingdom, he had to learn to govern his own heart in the dark.
- This is why he said in psalms 142:5-I cry to you, O Lord; I say, 'You are my refuge, my portion in the land of the living.'"(Psalm 142:5)
- He further writes in verse 7,Bring my soul out of prison, that I may praise Your name; The righteous shall surround me..."

SO WE SEE ONE OF THE LESSONS LEARNED IN THE CAVE OF ADULLAM WAS DAVID DEVELOPS SOME INCREDIBLE FIGHTING MEN OF VALOR

The names of King David's Mighty Men, a group of elite warriors often called "The Thirty" (though totaling 37 individuals), represented prophetic declarations of divine victory, inner character traits, or physical descriptions of battle roles. In ancient Hebrew culture, a warrior's identity and loyalty to the king were intimately tied to the meaning

of his name.

SOME OF THE LESSONS LEARNED IN THE CAVE OF ADULLAM WAS THESE LOSERS AND VAGRANTS ASKING DAVID QUESTIONS LIKE:

1. How did you survive the spears of your leader Saul in the church?
2. How did you survive boredom from church politics and dead services?
3. How did you survive rejection by the people you most esteemed?
4. How did you keep a right spirit when you had to submit to brothers that didn't like you and were jealous of you?
5. How did you survive David when offenses and bitterness was overtaking you?

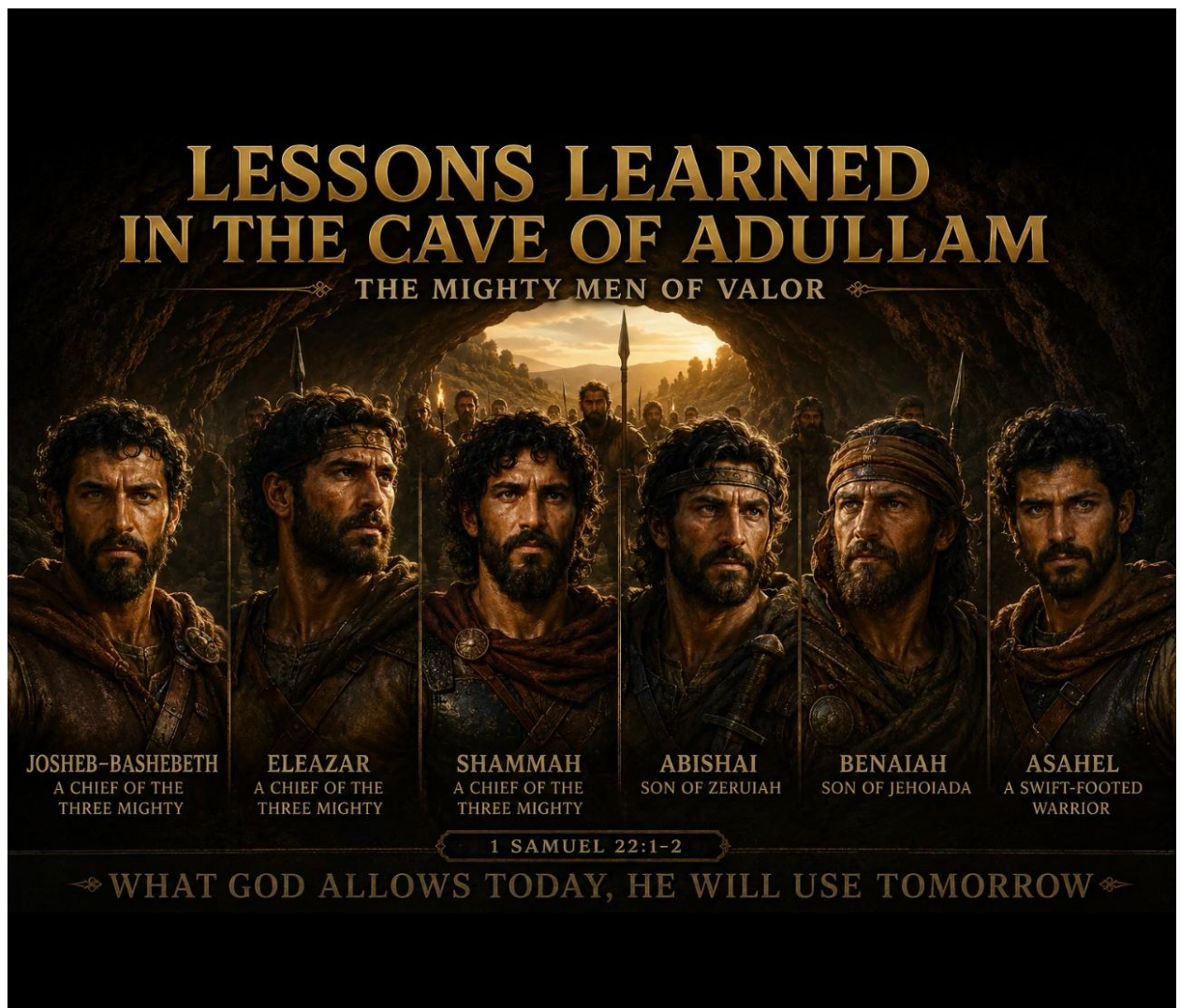
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David began to use what he learned on a back side of a mountain and shared with the men who one day become mighty men of valor.

He taught them what worship looked like when all alone.

They learned how to use a sling shot while redirecting their pain and their relationship rejection.

He taught them what forgiveness looks like and giving grace to your enemies.



Here are some of those men.

1. Men like Josheb- Bashebeth. He also went Bob the name Adino the Eznite): His name means "He who sits in the seat" or "Dwelling in rest". a man who could bend a spear to defeat 800 men in a single battle.
1. Eleazar: His name means "God is my helper" or "God has helped". He single-handedly fought the Philistines until his hand froze to his sword.
2. Shammah: His name means "Astonishment," "Desolation," or "Waste". It represented the devastation he caused to the Philistine army when he stood alone in the middle of a lentil patch and guarded it.
3. Abishai: David's fierce nephew and co-commander. His name means "Father of a gift" or "My father is a gift," representing the warrior's destiny as a protective asset given to David's kingdom.

4. Benaiah: Commander of David's royal bodyguard. His name means "Built by Yahweh" or "The Lord has established." It represented structural strength and spiritual foundation, matching his role in helping secure Solomon's transition to the throne.
5. Asahel: The fleet-footed brother of Joab. His name means "God has made" or "Creature of God," reflecting his raw, natural athletic gifting.
6. Uriah (the Hittite): Famously betrayed by David, his name means "Yahweh is my light". His name represented spiritual purity and unwavering loyalty, highlighting the tragic irony of his fate.
7. Some of these men went into the enemies camp to draw water for David when he was tired and weary. David takes the cups of water and pours it out on the ground in honoring these men for risking their lives for him.
8. (illustrate that right now for leaders at in the church)

SO WHAT EXACTLY DID THE MIGHTY MEN OF VALOR LEARN IN THE CAVE OF ADULLUM AND WHAT CAN WE LEARN FROM THEM:

1. They learned perseverance
 - Quitting is not an option-stop telling yourself oh well I will just give up and keep giving in to my private addictions.
 - David taught them as long as you are around me you re not quitting. So keep moving. We are not dying in this cave as vagabond and fugitives.
 - Now is the time to stop making excuses for blowing your temper and wearing the badge of honor for being short with people saying well thats just the way I am. Thou are with me now. Fight like I fight. You have to manage your fears and your offenses.
 - Let me help you redirect that negative energy from people who trigger you. Pick up your sling shots. Let me show you some tricks. Let me show you how to bounce a rock of of two trees and hit your enemy. Get up. Stop scrolling. Stop wasting time wishing you were out of this trial. You are with me now.
1. David taught them courage
 - Its time to face your deepest fears
 - It's time to get honest about how you allow impatience to control your decision making. You learn that in the cave of Adullum.
 - Impatience is a sign you are low on having faith in Gods love for you.
 - Impatience produces fear and anxieties. These men were transformed by Davids love for his God in the cave of Adullum.

- David would tell them-I know what fear is like when Saul almost had me in a cave and I thought I was going to die.
- Let me tell you the story when Saul the spears at me and it almost killed me. All I did was play my harp to soothe his evil ways.
- you must convert your deepest fears into praise and worship.
- Where you no longer allow your mood and happiness to be controlled by the atmosphere of this cave. Or your circumstances. Or peoples attitudes towards you.
- You know these men learned most about having courage in conquering their fears- it was to value physical and emotional affection. First for themselves from God. Then to give it to others. Then to protect that same affections in relationships. They fought for each other. they stood by each others side. They learned this in the cave of Adullam

David then tells them about how he managed his fears to develop courage when he prayed Psalm 57:1-11 TPT- he was in a cave on the run from Saul.

Please, God, show me mercy! Open your grace-fountain for me, for you are my soul's true shelter. I will hide beneath the shadow of your embrace, under the wings of your cherubim, until this terrible trouble is past. [2] I will cry out to you, the God of the highest heaven, the mighty God, who performs all these wonders for me. [3] From heaven he will send a father's help to save me. He will trample down those who trample me. Pause in his presence He will always show me love by his gracious and constant care. [4] I am surrounded by these fierce and brutal men. They are like lions just wanting to tear me to shreds. Why must I continue to live among these seething terrorists, breathing out their angry threats and insults against me? [5] Lord God, be exalted as you soar throughout the heavens. May your shining glory be seen in the skies! Let it be seen high above over all the earth! [6] For they have set a trap for me. Frantic fear has me overwhelmed. But look! The very trap they set for me has sprung shut upon themselves instead of me! Pause in his presence [7] My heart, O God, is quiet and confident. Now I can sing with passion your wonderful praises! [8] Awake, O my soul, with the music of his splendor-song! Arise, my soul, and sing his praises! My worship will awaken the dawn, greeting the daybreak with my songs of praise! [9] Wherever I go, I will thank you, my God. Among all the nations they will hear my praise songs to you. [10] Your love is so extravagant it reaches to the heavens; your faithfulness so astonishing it stretches to the sky! [11] Lord God, be exalted as you soar throughout the heavens. May your shining glory be shown in the skies! Let it be seen high above all the earth!

1. David taught them self reliance on God only
 - It's time to get rid of your mental crutches
 - Im too old
 - Im too fat
 - Im black and not white privileged
 - My daddy or mam was crazy or deserted me
 - I got hit by a truck and thats why I go off on people
 - I got this nervous condition
 - I got this disease doctors say there is no cure for (we wear this stuff like a badge of honor)
 - Great rid of your crutches if you are going to hang around me in this cave. Because we are coming out. The prophet Samuel said I was to be King over Israel
 - How you talk to yourself in the cave of Adullum will determine how God will help you. You learn self reliance on God only in this cave.
 - So now I learn to stop seeking validation and affirmation from others more than I do God at this time.
 - David said give God your secret bad habits and additctions
 - David learned to trust in the lord and not leaning to his own understanding. He developed a personal love relationship in his cave. He taught these men how to fight and become courageous, with perseverance and self reliance on God.

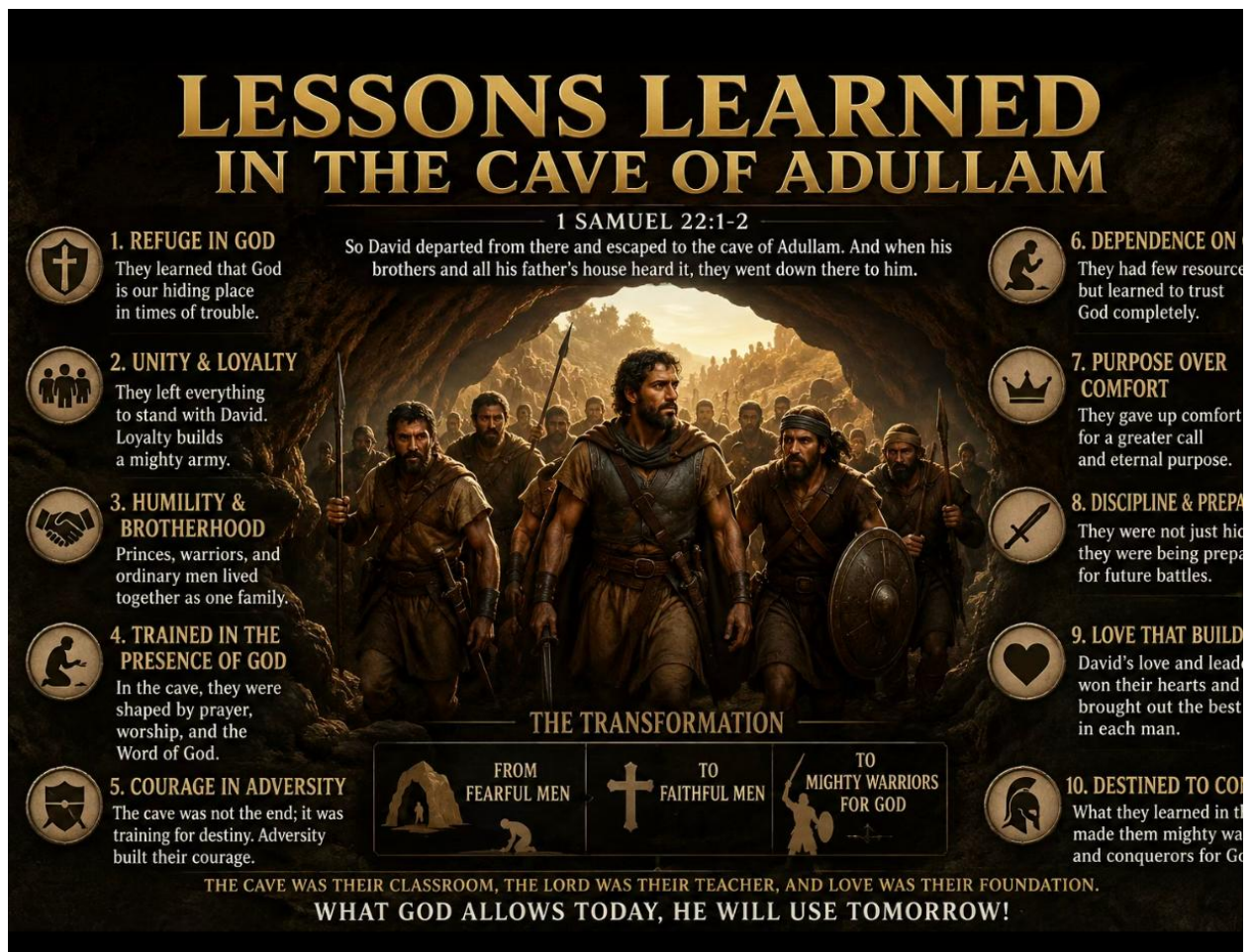
Here is one of his prayers in Psalm 142:1-7 TPT

God, I'm crying out to you! I lift up my voice boldly to beg for your mercy. [2] I spill out my heart to you and tell you all my troubles. [3] For when I was desperate, overwhelmed, and about to give up, you were the only one there to help. You gave me a way of escape from the hidden traps of my enemies. [4] I look to my left and right to see if there is anyone who will help, but there's no one who takes notice of me. I have no hope of escape, and no one cares whether I live or die. [5] So I cried out to you, Lord, my only hiding place. You're all I have, my only hope in this life, my last chance for help. [6] Please listen to my heart's cry, for I am low and in desperate need of you! Rescue me from all those who persecute me, for I am no match for them. [7] Bring me out of this dungeon so I can declare your praise! And all the righteous will celebrate all the wonderful things you've done for me!

1. David taught them self care
 - These men came to this cave neglecting themselves. They had given up on life.

- So they learned how to take care of themselves by the way David treated them. He taught them to love their God only those depressing early mornings when they had little motivation to go to work. Or when they stopped believing to push themselves in self discipline for excellence. They were now motivated because of the love of God they felt coming off of the giant slayer David.
- Now they formed new self habits. They formed warrior habits as mighty men through David modeling a love relationship with his God.
- David tells them you do not have time to sit in the corner of your cave reminiscing how people have treated you. Stop replaying your past. Learn from it but do not live in it.
- Let your past motivate you to be a better version of your self. Get up out of your corner cave and start perfecting your sling shot. We are about to take this mountain top and then our community.

Show this image at this time- look what these men learned when they chose to convert their depression and losers mentality into the spirit of David.



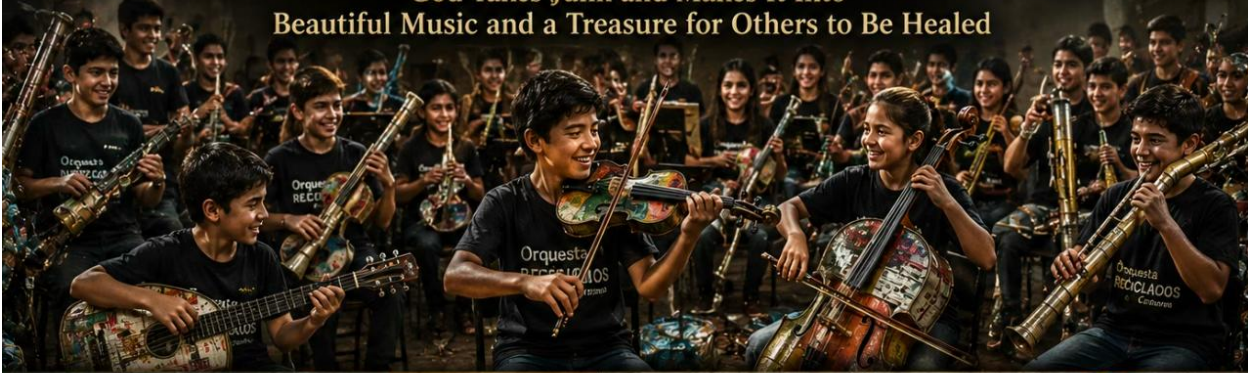
These men created a beautiful orchestra for the world to hear and receive healing and deliverance from.

Just like the Recycled Orchestra from Cateura, Paraguay.

The Recycled Orchestra of Cateura is a famous youth music group from Paraguay that plays instruments made entirely from garbage and scrap materials collected from the Cateura landfill.

THE RECYCLED ORCHESTRA

— OF CATERS PARAGUAY —
 God Takes Junk and Makes It Into
 Beautiful Music and a Treasure for Others to Be Healed



FROM THIS...



**GOD
SEES
POTENTIAL
WHERE OTHERS
SEE WASTE.**

He takes what is
discarded and
transforms it into
something of
eternal value.



TO THIS...



 JUNK →  PURPOSE →  BEAUTY →  HEALING → A TREASURE FOR OTHERS

WHAT THE WORLD DISCARDS, GOD CAN REDEEM.
 WHAT GOD REDEEMS, CAN BLESS GENERATIONS.

Every day, about 3 million pounds of solid waste get dumped in Cateura. Many families eke out their existence by scavenging trash from the landfill to resell, and kids regularly get pulled out of school to help. During rainstorms, the landfill floods, and residents have to wade through contaminated water.

Play video only and not the audio- children playing with junk.

<https://youtu.be/PfeixjFB-AM?si=Qlnu-VtRjA3rQfdf>

The orchestra has traveled to 51 countries, performing on major stages like the Kennedy Center and alongside mainstream artists like Metallica and Stevie Wonder.

Their inspiring journey became globally known through viral videos and the award-winning 2015 documentary film Landfill

THESE ARE LESSONS LEARNED FROM THE CAVE OF ADULLAM:

Giving God the junk of your life under the spirit of David. Allowing the Holy Ghost to transform your inner self in the desolate cave of your life.

THE CAVE OF ADULLAM TAUGHT THE MIGHTY MEN OF VALOR TO USE THEIR WAR SCARS AS A WEAPON TO BUILD THE KINGDOM OF GOD

GOD DESIRES TO USE YOUR WAR SCARS TODAY

Galatians 6:17 AMPC

From now on let no person trouble me [by making it necessary for me to vindicate my apostolic authority and the divine truth of my Gospel], for I bear on my body the [brand] marks of the Lord Jesus [the wounds, scars, and other outward evidence of persecutions-these testify to His ownership of me]!

Paul said I bear in my body the marks of the lord- men are judged in the kingdom by their marks and wounds of war. Marks reflect the price one pays for submission to the kingdom. Marks produces anointing , and power to perform ministry.

These men created an beautiful orchestra for the world to hear

1. It's time to use your war scars from your own cave to - heal others by the healing power of Calvary's scars (ask people to come up who are in physical pain, people who have suffered financial devastation, people who have lost a loved one recently,,
2. It's time to use the war scars of loneliness, rejection and abandonment right now right here at this altar. Telling God help me to learn and use my lessons in the cave of Adullam. He wants to use these specific areas to pray someone through to the holyghost today.