



# Trusting God In The Cave!

By Deborah Wassenberg

## Introduction:

The children learn that even in a dark place, God is their refuge. They can cry out to Him for help.

## Entrance Chamber:

Create a cave entrance to your teaching space using black tarpaulin or plastic, or painted boxes to form a tunnel or passage.

## Bible Lesson: David Escapes to the Cave of Adullam

Bible References: 1 Samuel 22:1-2; Psalm 57

## Storyteller: Clint Cobble the Caver

**Character:** Clint Cobble is an experienced caver (aka potholer in the UK, or a spelunker in the US). He is going to teach the Bible Lesson inside a 'cave'. You will need to stick pictures of the lesson on the wall, but hide them temporarily with a screen until it's time for the lesson. Alternatively, if you have multiple rooms, you could create another tunnel for the children to enter into another 'cave'. Clint will use a torch to light up the pictures as he teaches.

**Costume:** Wetsuit or overall, harness (optional), sneakers or boots, gloves

**Props:** Ropes, a helmet with a headlamp and a small torch attached to the headband used for backup, a hand torch, karabiners (optional, hanging from the harness for effect)

## Visuals You Will Need:

*These visuals remain hidden on the wall of the 'cave' until the torchlight illuminates them. You may like to add glitter to make them luminescent!*

1. Caver in a cave
2. Salamander
3. King Saul throws a spear at David
4. David in the cave/mother hen and chicks

5. David's family/Ruth and Boaz
6. Cave of Adullam today
7. Four hundred might men
8. Sad child hiding
9. Child calling out to God

## Words:

1. Hey there!  
My name is Clint Cobble, and I am a caver.  
A caver is someone who explores natural cave systems.  
I'm wearing my headlamp and carrying a torch because cavers always carry multiple light sources, so we're never left in the dark!  
That would be extremely dangerous because the inside of a cave is completely dark.  
We call it the Dark Zone, where there is no daylight.  
I love exploring caves, but I don't want to live in one.
2. Some creatures live in caves.  
Salamanders, spiders, cave crickets and some species of bats.  
Occasionally, people live in caves, but mostly they only visit.
3. David, before he was crowned King of Israel, was on the run from King Saul.  
King Saul was jealous of David.  
The Israelite people were singing about David's victory over Goliath.  
God had rejected Saul as King because of his pride and disobedience, so the prophet Samuel had anointed David to be King in Saul's place when the time was right.  
King Saul wanted to hunt David down and kill him.  
David escaped to the Cave of Adullam.
4. David wrote a song while he was hiding in the cave.  
It's Psalm 57. (NIV)  
Here's the beginning of the song (verses 1-2):  
'Have mercy on me, my God, have mercy on me, for in you I take refuge.  
I will take refuge in the shadow of your wings until the disaster has passed.  
I cry out to God Most High, to God who vindicates me.  
He sends from heaven and saves me, rebuking those who hotly pursue me –  
God sends forth his love and his faithfulness.'  
Even though David had found refuge in the cave, he knew the cave could not keep him safe from pursuit, danger or difficulty.  
Only God could keep him safe like a mother bird shields her chicks from danger.  
God was his safe place and protection.
5. When David's family heard he was living in the Cave of Adullam, they joined him.  
David didn't want his family to live in the rough conditions of the cave.  
Caves are cold, even in the summer.

He asked the king of Moab to let them live with him, where they would be safe and comfortable, until he knew what God wanted to do.  
(David's great-grandmother Ruth was from Moab.)

6. I've visited the Cave of Adullam.  
It has a small opening, but once inside, it opens up into a cavern as large as a hotel lobby.  
It's known as Tel 'Adullam in Israel.  
If the cave had a window, it would overlook the Valley of Elah, where David killed Goliath.  
The place where David was hiding for his life overlooked a place where he had a great victory.  
David continued to trust God no matter how bad things looked.  
Now, I have to tell you something important: You must not go caving alone.  
There's safety in numbers.  
God sent David some people.
7. Four hundred men who were also on the run joined David in the Cave of Adullam.  
They were escaping debt (they owed money).  
They were distressed (they had problems of their own)  
They were discontented (they were bitter because of what had happened to them).  
They were mighty men who were warriors, and they made David their Commander!
8. I'm sure you've felt like running and hiding when life got tough.  
You feel like you are in the Dark Zone.  
It's not the Cave of Adullam.  
It's the cave of divorce.  
The cave of sadness.  
The cave of uncertainty or the cave of illness.  
You can trust God in the cave, too.  
Don't put your trust in the cave.  
You have to put your trust in God.
9. Pray to God like David did.  
Sing out...  
*'Have mercy on me, my God, have mercy on me, for in you I take refuge.  
I will take refuge in the shadow of your wings until the disaster has passed.'*  
God hears you just as He heard David.  
You are as important to God as David was.  
You are safe in the shadow of His wings...He tucks you in close to Him.  
You will not live in the cave forever.  
*'I cry out to God Most High, to God who vindicates me.  
He sends from heaven and saves me, rebuking those who hotly pursue me –  
God sends forth his love and his faithfulness.'*  
God is faithful, and you can trust Him to look after you.  
He will send His love, He will send people to help you so you are not alone,  
and you will make it out of the cave and into daylight.

## Ministry to the Children:

Jesus is called the Light of the World (*John 8:12*), and there is no Dark Zone, no place where His light cannot reach. His presence dispels the spiritual darkness of sin and death. He said, 'Whoever follows Me will never walk in darkness but have the light of life.' Follow Him and you have light, truth and eternal life. If you don't follow Him, you will stay in darkness, and that is not safe!

Jesus came into the world, a light shining in the darkness (*Isaiah 9:2*), to bring Good News to the world. Sin separates us from God, but the Good News is that when Jesus died on the Cross, He paid the price and cancelled the debt of sin for all who would believe in Him. If you believe in Jesus, turn from your sin, and receive Him into your heart, you will be filled with His light. You will carry His light with you wherever you go.

## Memory Verse: Obstacle course with Tags

**Psalms 57:1 Have mercy on me, my God, have mercy on me, for in you I take refuge.**

Cavers use small metal 'tags' to mark the entrance of a cave. Make your own tags with numbers to indicate to your little cavers where a word of the Memory Verse can be found along a caving-inspired obstacle course. Wherever there's a tag, they collect a word, and at the end of the course, they put the words together to form the Memory Verse. (Everyone collects the complete Memory Verse.)

### Obstacle Ideas:

- Boulder choke: rock collapse (use a ball pit)
- Canyon: a deep valley (make using a tarpaulin)
- Cave pool: a body of water (baby pool)
- Chimneying: the act of climbing two relatively vertical and parallel rock faces (playground climbing frame)
- Dark Zone: part of the cave with no light (tunnel or under climbing frame)
- Free Climb: a steep incline or near vertical rock face which a person can climb without climbing aids (up a hill or embankment)
- Keyhole: a small passage to squeeze through (play gym)
- Ladder: equipment for climbing (up the slide ladder and down a glacier)
- Lava: molten rock (stepping stones)
- Maze cave: complex network of connecting passages (rope course)
- Meander: bend in an underground stream (draw on footpath with chalk)
- Pipe: a tubular cavity in karst rock (tunnel)
- Safety Line: a safety rope attached to a caver (rope to follow along)
- Window: an irregularly shaped hole through a thin rock wall (play gym)

## Morning Tea: Food Ideas

- **Guano:** Bat droppings - Chocolate Crackles!
- **Ice Cave:** A cave with permanent ice - Icy Poles or Zooper Doopers
- **Rocks:** Rocky road or chocolate-coated lolly mix

## Game: Floor Lava

Create a safe play area!

**Start the Game:** Caver yells, 'The floor is lava!'

**Get Off the Floor:** Everyone has five seconds to get their feet off the ground.

**Stay Off the Lava:** Using furniture, cushions, or other objects, the children stay off the floor, which is the 'lava'.

**Move Around:** Children must move from one safe spot to another.

**Elimination:** If any part of their body touches the floor, they are out of the game.

**Resume Play:** The game continues until only one player remains, or until a new round begins.

### Variation: The Paper Game

Teams are given a few sheets of paper and must work together to use the papers as 'stepping stones' to cross a designated area without touching the 'lava' floor.

## Craft 1: Cave Painting Mural

### You will need:

- Long stretch of brown paper attached to a wall
- Natural materials: charcoal, clay, ochres to create paint, chalk
- Sticks from the yard
- Straws

### What to do:

The children use their hands, sticks or blow paint through straws, to create a cave painting!

## Craft 2: Toilet Roll Bat

You'll find the instructions for this fun craft on the internet.

## Activity Sheets: Maze Caves!

A maze cave is a complex network of connecting cave passages. Photocopy mazes for the children to complete.