



Trust God In the Cave 3: Praise in the Cave!

By Deborah Wassenberg

Introduction:

The adventure continues! Here's another lesson to use in your created cave environment, or to use as a standalone lesson. Even when life feels dark and scary – like being in a cave – we can still praise God because He is with us and hears our cries. Singing in the cave can also help others who are going through a tough time.

Entrance Chamber:

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

Bible Lesson: Praise from the Cave

Bible Reference: 1 Samuel 21:10-22:1; Psalm 34

Storyteller: Clint Cobble the Caver is back!

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. Echo (photograph provided on page 7)
2. Bats (photograph provided on page 8)
3. David on the run
4. King Achish of Gath
5. David and King Achish
6. David acting like a madman
7. Annoyed King Achish
8. Psalm 34
9. David and his mighty men singing

Words:

1. *(Demonstrating the sound of an echo)*
Hello...hello...hello.
My name is Clint...name is Clint...Clint....
Cobbler...Cobbler...Cobbler....
I'm a caver...a caver...caver...
Have you ever heard an echo?
An echo happens when sound waves bounce back off a surface to a listener.
The best places to hear an echo are locations like canyons and mountain ranges.
I hear them all the time on my caving expeditions.
Of course, I'm careful not to make too much noise inside a cave because I don't want to disturb the bats.
2. Bats won't fly into you if you should accidentally disturb them in a cave because bats use echolocation.
They emit high-frequency sound waves (called ultrasonic sound) through their mouths or noses.
Humans can't hear the sound waves.
The bats listen to the returning echoes that bounce off objects in their environment using their highly sensitive ears, which capture the faint returning echoes.
By processing the information from the echoes, bats build a mental image of their environment.
It's called acoustic mapping.
That way, they can fly through the darkness, avoiding obstacles, and finding their food.
Caves are a good hiding place for bats.
Caves were a good hiding place for David, too.

3. David was on the run from King Saul.
Saul wanted to kill David because he knew David was anointed to take his place as the King of Israel.
So David hid in the last place Saul would look.
In Philistine territory.
In the city of Gath.
Goliath's hometown.
You might remember that Goliath, the giant David killed, was from Gath.
David was carrying Goliath's sword.
The one he took from Goliath.
(It was a good sword, and there was no other sword like it.)
Not only that, Goliath had four brothers still alive.
4. Achish was the King of Gath.
His servants said to him, "Isn't that David, the king of the land?
Isn't he the one the Israelites sang about after he killed Goliath?
Didn't it go like this?
'Saul has slain his thousands,
And David his ten thousands'."
It was a song that had echoed across the land; even the Philistines knew the words!
5. David took the words of the king's servants to heart.
He knew he was in big trouble.
He had been discovered.
David was captured! (*Psalm 56*)
He knew that King Achish would never let the man who killed Goliath go.
6. God gave David a crazy idea!
David pretended to be mad.
He scratched on the door of the gate.
He let saliva fall down his beard.
(A disgusting situation that no Middle Eastern man would tolerate.)
7. King Achish said to his servants, 'Look, you see this man is insane.
Why have you brought him to me?
Do I need a madman that you would bring one into my presence?
Shall he come into my house?'
The king had decided the madman wasn't David, or if it was David, he was so pathetic that he might as well let him go.
8. When David escaped Gath, he wrote a song.
It is Psalm 34, and he sang it in depths of the cave of Adullam.
'I will bless the LORD at all times;
His praise shall continually be in my mouth.
My soul will make its boast in the LORD;
The humble will hear it and rejoice.
Exalt the LORD with me,
And let's exalt His name together.

I sought the LORD and He answered me,
And rescued me from all my fears.
They looked to Him and were radiant,
And their faces will never be ashamed.
This wretched man cried out, and the LORD heard *him*,
And saved him out of all his troubles.
The angel of the LORD encamps around those who fear Him,
And rescues them.'

9. David knew he had a **lot** to praise God for.
He was happy and relieved that God had rescued him.
And even though he had been humbled by acting like a madman, and even though he was living in a cave hiding for his life, he wanted to praise the Lord and encourage others, too.
Because in the Cave of Adullam with him were men.
Four hundred (and later six hundred) men who were running away from big problems. (*2 Samuel 23 & 1 Chronicles 11*)
David wanted them to understand that no matter what they were going through (and it was a lot), they could praise God.
I'm sure David taught them to sing his song with him in the cave.
The acoustics would have been amazing!
David's men, particularly his 37 mighty men, went on to accomplish spectacular feats, and they served David with extraordinary acts of bravery.
And it was his mighty men who killed Goliath's four brothers.
(*2 Samuel 21:15-22 & 1 Chronicles 20:4-8*)
David's song of praise in the cave had a lasting influence.
It reverberated like an echo across time!
(*Makes another echo effect*)
Across time...cross time...time.
You can learn from David's song of praise, too.
'I will bless the Lord at all times; His praise shall continually be in my mouth.'
No matter what you are going through, remember to praise God.
Because He is the One who will give you the answers and help you need.

Ministry to the Children:

You don't have to be a future king to deserve God's help. No matter who you are or what you've done, He will listen to you when you cry out to Him. Throughout history, people and nations have cried out to God for deliverance. God has answered. He sent His Son, Jesus, to be the Saviour to deliver everyone from their sin. Jesus took the whole world's sin on Himself, even though He was innocent and never sinned. He was crucified, but God raised Him from the dead! The death and resurrection of Jesus had reverberated down through thousands of years. What He did on the Cross over 2000 years ago is for you today! Thank Jesus for dying for your sin. Ask Him to forgive you. Invite Him to live in your heart. He will come in and help you to live for Him for the rest of your life. You will have a lot to praise God for!

Memory Verse: Ball Bop Psalm 34:1

'I will bless the Lord at all times; His praise shall continually be in my mouth.'

Have you heard of 'yodelling'? It's a form of singing that involves repeated and rapid changes of low and high pitch. It's a vocal technique used in Switzerland. If you have a musically gifted volunteer, create a character named Heidi or Frederik to teach the Memory Verse using the ball bop game. Sing the verse as you bop!

- Write each word of the verse on a card.
- Place the cards in a circle.
- Children take turns bouncing the ball to each card, saying (or singing) the word aloud.
- Add challenges like bouncing with one hand or hopping between cards.

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: Bats Under the Bridge!

You will need:

- Black balls

How to Play:

The goal of the game is for children to try and roll the ball through another player's bridge (legs) and block the ball from coming through their own.

Have all children get into the ready position with their hands on their knees, and choose one player to start the game.

The first child should roll the ball with an open palm, aiming for another child's bridge.

Children may only block or roll the ball when it is coming towards them, and should not reach in front of other children.

If the ball bounces up, a child may catch it, but must place the ball back on the ground and roll it into play.

If the ball goes outside the circle, either through a bridge or bouncing between children, the child closest to it when it went out may go and get it.

Craft 1: Praise Paper Lanterns

You will need:

- Sheets of construction paper
- Scissors
- Tape or stapler and staples
- Felt pens
- Optional decorations like stickers or collage items

What to do:

- **Prepare the paper:** Take your sheet of paper and fold it in half lengthwise.
- **Make the cuts:** Starting from the folded edge, cut slits about half an inch wide, stopping just before the opposite, unfolded edge.
- **Form the lantern:** Unfold the paper completely. Now, bring the two long, cut edges together to form a cylinder. Before securing the lantern in its cylinder shape, ask the children to write the Memory Verse on it, or Praise Points to thank God for. Add other decorations, too.
- **Secure the cylinder:** Use tape, glue, or a stapler to join the edges and close the cylinder, creating the body of your lantern.
- **Add a handle:** For a hanging lantern, cut two long, narrow strips of paper. Attach one strip to the top of each side of the lantern with staples or

Craft 2: Toilet Roll Bat

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

Craft 3: A Praise Scroll

Use textured paper to create scrolls. Ask the children to write or draw things they are thankful to God for, even when life is hard.

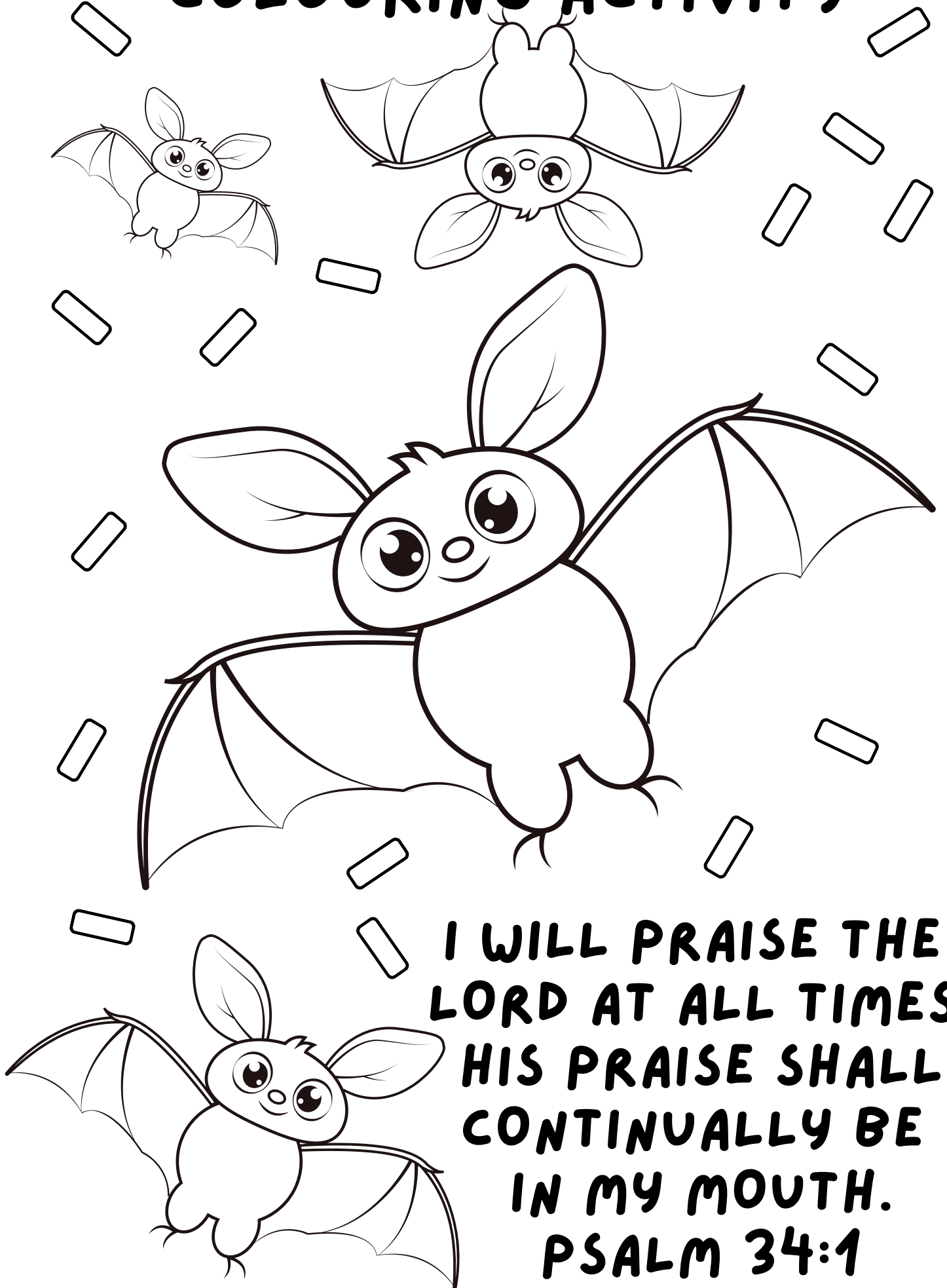
Activity Sheet: Bat Colouring Sheet with Memory Verse

You'll find the sheet to photocopy on page 9.





COLOURING ACTIVITY



**I WILL PRAISE THE
LORD AT ALL TIMES;
HIS PRAISE SHALL
CONTINUALLY BE
IN MY MOUTH.
PSALM 34:1**