

MAN CAVE

A MAN, A CAVE AND HIS ANGER

1 Samuel 24: 1-6

¹After Saul returned from pursuing the Philistines, he was told, "David is in the Desert of En Gedi."²So Saul took three thousand able young men from all Israel and set out to look for David and his men near the Crags of the Wild Goats.

³He came to the sheep pens along the way; a cave was there, and Saul went in to relieve himself. David and his men were far back in the cave. ⁴The men said, "This is the day the Lord spoke of when he said to you, 'I will give your enemy into your hands for you to deal with as you wish.'" Then David crept up unnoticed and cut off a corner of Saul's robe.

⁵Afterward, David was conscience-stricken for having cut off a corner of his robe.

⁶He said to his men, "The Lord forbid that I should do such a thing to my master, the Lord's anointed, or lay my hand on him; for he is the anointed of the Lord."

THE ONE THING

When I'm Holding On to _____,

It's _____ to Hold On to My Anger.

HELP FOR MY STRUGGLE WITH ANGER:

1. Anger Is Not a _____. _____ to Anger Is.

1 Samuel 24: 4

⁴The men said, "This is the day the Lord spoke of when he said to you, 'I will give your enemy into your hands for you to deal with as you wish.'" Then David crept up unnoticed and cut off a corner of Saul's robe.

2. Learn to _____ My anger and
_____ When It is Driving Me.

1 Samuel 24: 5

⁵Afterward, David was conscience-stricken for having cut off a corner of his robe.

3. When I Can't Respect the _____, Respect the _____ who Created them!

1 Samuel 24: 6-7

⁶ He said to his men, "The Lord forbid that I should do such a thing to my master, the Lord's anointed, or lay my hand on him; for he is the anointed of the Lord."⁷ With these words David sharply rebuked his men and did not allow them to attack Saul. And Saul left the cave and went his way.

4. I Won't _____ You the Way You _____ Me Because I don't Want to Become _____.

1 Samuel 24: 8-13

⁸ Then David went out of the cave and called out to Saul, "My lord the king!" When Saul looked behind him, David bowed down and prostrated himself with his face to the ground.⁹ He said to Saul, "Why do you listen when men say, 'David is bent on harming you'?"¹⁰ This day you have seen with your own eyes how the Lord delivered you into my hands in the cave. Some urged me to kill you, but I spared you; I said, 'I will not lay my hand on my lord, because he is the Lord's anointed.'¹¹ See, my father, look at this piece of your robe in my hand! I cut off the corner of your robe but did not kill you. See that there is nothing in my hand to indicate that I am guilty of wrongdoing or rebellion. I have not wronged you, but you are hunting me down to take my life.¹² May the Lord judge between you and me. And may the Lord avenge the wrongs you have done to me, but my hand will not touch you.¹³ As the old saying goes, 'From evildoers come evil deeds,' so my hand will not touch you.

Romans 12: 17-21

¹⁷ Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. ¹⁸ If it is possible, as far as it depends on you, live at peace with everyone. ¹⁹ Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.²⁰ On the contrary:

"If your enemy is hungry, feed him;

if he is thirsty, give him something to drink.

In doing this, you will heap burning coals on his head."

²¹ Do not be overcome by evil, but overcome evil with good.

5. _____ and _____ the Results to God.

1 Samuel 24: 14-22

¹⁴ "Against whom has the king of Israel come out? Who are you pursuing? A dead dog? A flea?"¹⁵ May the Lord be our judge and decide between us. May he consider my cause and uphold it; may he vindicate me by delivering me from your hand."

¹⁶ When David finished saying this, Saul asked, "Is that your voice, David my son?" And he wept aloud.¹⁷ "You are more righteous than I," he said. "You have treated me well, but I have treated you badly."¹⁸ You have just now told me about the good you did to me; the Lord delivered me into your hands, but you did not kill me.¹⁹ When a man finds his enemy, does he let him get away unharmed? May the Lord reward you well for the way you treated me today.²⁰ I know that you will surely be king and that the kingdom of Israel will be established in your hands.²¹ Now swear to me by the Lord that you will not kill off my descendants or wipe out my name from my father's family."

²² So David gave his oath to Saul. Then Saul returned home, but David and his men went up to the stronghold.