



Kings and Kingdoms Week 4 (Faithful in Darkness)

Say This: This week we learned that when faithfulness to God stops feeling exciting and starts feeling exhausting, we don't need to escape the cave—we need to experience God in it. The cave doesn't cancel God's calling; it clarifies it, deepens it, and prepares us for what's next.

Ice Breaker: What's In Your Cave Activity

Supplies: Index cards and pens

Do This: Give everyone an index card and pen

Say This: "If your current season of life were a cave, what would be inside it? Write 3-5 words or short phrases that resemble your cave.

Examples: Waiting, Uncertainty, Financial Pressure, Loneliness

Do This: Collect the cards and mix them up and read cards aloud and ask:

- What themes do you notice?
- How does it encourage you to know you're not the only one walking through difficult seasons?
- What is something God might be teaching you in your current cave season?

Transition: "David's cave was literal, but all of us experience caves—seasons where God feels quiet, the future feels uncertain, and faithfulness feels difficult.

Read This: 1 Samuel 24:1-22

Ask This:

- David refused to kill Saul even when it appeared to be the perfect opportunity. Why do you think he made that choice?
- Why do you think David's conscience bothered him after he cut Saul's robe?
- Have you ever been tempted to force a situation rather than wait on God's timing? What happened?

Read This: Psalm 142:1-7



- David uses words like *cry*, *plead*, *complain*, and *tell my trouble*. What stands out to you about the honesty of his prayer?
- What do you think David's prayer models for our prayer life?
- David says, "No one cares about me" (Psalm 142:4). Have you ever felt isolated, overlooked, or forgotten? How did you respond?

Read This: Psalm 57:1-3

- David's circumstances had not changed, but his perspective began to change. What truths about God do you think helped him shift his focus?
- Is there an area where God is calling you to obey even though you can't yet see the outcome?
- What is one specific action you will take this week to experience God in your cave rather than simply trying to escape it?

Prayer Focus

Spend time praying for one another's "caves." Ask God to help each person.