

What to Do When Stuck in Your Cave

Well, this coronavirus situation has a lot of people stuck at home. It certainly doesn't take long for "cabin fever" to set in, does it? What does God want us doing while we while we are "stuck in our caves"?

There was a time when David was on the run from King Saul and he found himself at Gath, a city of the Philistines (1 Sam. 21:10-15). It wasn't long before he was run out of town and he fled to the cave of Adullam (1 Sam. 22:1).

It is likely while in this cave that he penned **Psalm 34**. So I will use this as a guideline as what to do while stuck in your cave:

- * **Praise the Lord** (v.1-3) - Don't give up on God. Keep praising him. He is good and He is great and He always does great things. Bless the Lord the way David did: "at all times" (v.1), "continually" (v.1), and so that others "shall hear of it" (v.2). Spend time lauding Him with your lips.
- * **Seek the Lord** (v.4-7) - Pray to the Lord. He will hear you and give you comfort. He will bring you what you need. It is important to stay in a good relationship with God. Spend some extra time in prayer. There is a lot to pray for these days.
- * **Taste and see the Lord** (v.8) - This carries the idea of getting to know Him on an intimate level. The only way to do this concerning God is to get to know Him through his word. Use some of the extra time you have to read the Bible, understand it better, and lean some of the precious gems that lie within. Read and trust in the promises within its pages.
- * **Fear the Lord** (v.9-22) - The meaning of this is to respect Him and His word. We respect God by obeying His words. Suggestions given in the text are: speaking wholesome and edifying words (v.13), avoiding evil and doing good (v.14), seeking peace (v.14), being righteous (v.15), and having a sincere heart (v.18). Spend some of the extra time you have doing something productive and something that honors God.

Being stuck in a cave is no fun if you don't want to be there. But anywhere we find ourselves we need to remember that we are never alone if we: praise the Lord, seek the Lord, taste the Lord, and fear the Lord.

- Edd Sterchi