

## LEAVING A DARK CAVE

David faced 5 significant losses that contributed to his declining mental health.

### **Loss #1: David lost his job in Saul's army** (1 Sam 18-19)

After David killed Goliath, he was a HERO. Yet Saul was insanely jealous.

*"David fled and escaped"*

### **Loss #2: David lost his wife** (1 Sam 18:20-21)

After David paid the price to acquire Saul's daughter, she told her Dad (Saul) that David threatened her.

### **Loss #3: David lost his mentor Samuel**

1 Sam 19:18 (NIV) *When David had fled and made his escape, he went to Samuel at Ramah and told him all that Saul had done to him. Then he and Samuel went to Naioth and stayed there.*

Saul eventually tracked him down and he went separate ways from Samuel.

### **Loss #4: David lost his best friend**

1 Sam 20:3 (NIV) *Yet as surely as the LORD lives and as you live, there is only a step between me and death."*

Although they had a wonderful friendship, Jonathan and David parted ways because of Saul's pursuit.

### **Loss #5: David lost his Self-Respect**

1 Sam 21:10 (NIV) *That day David fled from Saul and went to Achish king of Gath.*

This is the lowest point of his life up to this point. Gath was the headquarters of the Philistines. David goes there looking for the king of the Philistines. He is so desperate. He lost all logic.

1 Sam 21:13 (NIV) *So he pretended to be insane in their presence; and while he was in their hands he acted like a madman, making marks on the doors of the gate and letting saliva run down his beard.*

**He was alone and in a DARK CAVE!** Not a very good setting for his mental health.

1 Sam 22:1 (NIV) *David left Gath and escaped to the cave of Adullam. When his brothers and his father's household heard about it, they went down to him there. <sup>2</sup>All those who were in distress*

or in debt or discontented gathered around him, and he became their commander. About four hundred men were with him.

Psalm 142:1 (NIV) *I cry aloud to the LORD; I lift up my voice to the LORD for mercy. <sup>2</sup> I pour out before him my complaint; before him I tell my trouble. <sup>3</sup> When my spirit grows faint within me, it is you who watch over my way. In the path where I walk people have hidden a snare for me. <sup>4</sup> Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life. <sup>5</sup> I cry to you, LORD; I say, "You are my refuge, my portion in the land of the living." <sup>6</sup> Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. <sup>7</sup> Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.*

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. -The World Health Organization (WHO)

- 1 in 5 US adults live with a mental illness
- 90% of Americans say we are facing a mental health crisis

David faced (at least) 3 mental health challenges.

### **1). Discouragement**

<sup>1</sup> *I cry aloud to the LORD*

<sup>3</sup> *When my spirit grows faint within me*

<sup>6</sup> *I am in desperate need*

### **2). Loneliness**

<sup>4</sup> *Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life.*

Sometimes what we *FEEL* is not *REALITY* is.

### **3). Trapped**

<sup>2</sup> *I pour out before him my complaint; before him I tell my trouble.*

<sup>3b</sup> *In the path where I walk people have hidden a snare for me.*

<sup>6</sup> *Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. <sup>7</sup> Set me free from my prison*

**Anxiety**—is a constant fearful state, accompanied by a feeling of unrest, dread, or worry. Symptoms include: inability to relax, tense feelings, rapid heartbeat, dry mouth, increased blood pressure, jumpiness or feeling faint, excessive perspiring, constant anticipation of trouble, and constant feeling of uneasiness. -The Quick Reference Guide to Biblical Counseling

## **Jesus in the Garden of Gethsemane.**

Matthew 26:36 (NIV) *Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray."*

### **1). Support: Invite others in.**

<sup>37</sup> *He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. <sup>38</sup> Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."*

### **2). Replace: my thoughts with God's truth.**

<sup>39</sup> *Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."*

Our anxieties, traps, discouragements...it's like a house of mirrors. It distorts reality. You have to FORCE yourself to make a new pathway

### **3). Prayer: I will pray and ask others to pray.**

<sup>41</sup> *"Watch and pray so that you will not fall into temptation..." <sup>42</sup> He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done." <sup>43</sup> When he came back, he again found them sleeping, because their eyes were heavy. <sup>44</sup> So he left them and went away once more and prayed the third time, saying the same thing.*

### **4). Resolve: I will trust God through this.**

<sup>45</sup> *Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. <sup>46</sup> Rise! Let us go! Here comes my betrayer!"*

- I will not abandon my faith.
- I don't need to understand it all or like it all.
- My life and family are too important.
- I'll go on meds if I need to. Counseling. Dr.

Sometimes people may say the wrong things at the wrong times and it's really insensitive. I'm going to have grace for that. And resolve to keep going!

YOU and YOUR FAMILY MATTERS!