

# SECSTET Hope for Cave Dwellers

#### Some Cave Dwellers of the Bible

Abraham: The cave of grief

Abraham mourned and wept for Sarah. Genesis 23:2

Elijah: The cave of quitting

"I have had enough, Lord, take my life!" 1 Kings 19:4

David: The cave of hopelessness and fear

"No one is concerned for me. I have no refuge; no one cares for my life." Psalm 142:4

The Disciples: All three!

The Easter Question:

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear... John 20:19

Three Resurrection Truths for Cave Dwellers:	
1.	Your need not "Peace be with you!" John 20:19–21
2.	Your need not "As the Father has sent me, I am sending you." John 20:21
	Even though we were dead because of our sins, <b>He gave us life when He raised Christ from the dead.</b> It is only by God's grace that you have been saved! <i>Ephesians 2:5</i>
3.	Your need not
	"I am the <b>resurrection</b> and the <b>life</b> . Anyone who believes in me will live, even after dying." <i>John 11:25</i>
	But Christ has <b>indeed</b> been raised from the dead, as the guarantee that those who sleep in death will also be raised. <i>1 Corinthians</i> 15:20

"I am the resurrection and the life... **Do you believe this?**" *John 11:25–26* 

## **Daily Meditations**

### Monday

Read John 20:19–31. What encouraged you most about the weekend sermon?

In what area of your life do you feel you're in a cave?

How can you apply the message about the resurrection to your "cave time"?

How can you help others in their caves?

Tell God about your cave, and pray for others who may be in a cave...

#### **Tuesday**

In the message we talked about how Jesus is really alive, speaking words of encouragement to your heart. Today, soak in some of these words He speaks to you...

"And surely I am with you always, to the very end of the age." Matthew 28:20b

"My peace I give you... Do not let your hearts be troubled and do not be afraid." *John 14:27* 

"Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear."  $Luke\ 12:22$ 

"Don't let your hearts be troubled. Trust in God, and trust also in me. There is more than enough room in my Father's home..."  $John\ 14:1-2a$ 

"I have loved you even as the Father has loved me. Remain in my love." John 15:9

Spend time in prayer simply listening to the voice of Christ to you through these verses!

#### Wednesday

Read 1 Corinthians 15:3—11. Think of some of the "before and after" pictures of the people in today's verses. Before Christ appeared to him and got him off the bench, what was Peter like following his denial of Christ?

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What about the "Twelve"?

What was Paul like before he saw a vision of Christ?

What does this tell you about the power of encountering the risen Christ?

How does this encourage you about others you know? About yourself?

Thank God specifically for the before and after in your own life—and pray for continued growth, by His grace!

#### **Thursday**

Read John 21. I love this chapter! Often we wonder what Jesus wants to say to us after we fail Him. What does this encounter teach you about that?

Come to Him now and hear Him asking you: "Do you love me? Then I have a mission for you..."

#### Friday

Read Psalm 57 and 142 (written by David in his cave). What promises about God does David cling to in these psalms?

How does focusing on God help in the cave times?

List three things that encourage you about these psalms:

Pour out your heart to God today about your "caves". If He has seen you through the cave, praise Him!

#### Saturday

Catch up on any devotions you may have missed, memorize this week's verse, and review the message notes. Please pray for our Israel group as this fall's series is prepared there starting today! Please pray for the weekend services too.

This resurrection life you received from God is not a timid, grave-tending life.

It's adventurously expectant.

Romans 8:15 MSG