Sermon for November 21/22, 2026
"The Prayers from the Cave" Pastor Jeff Manion

GROUPS AT ADA BIBLE

Following Jesus | Growing Together | Pursuing God's Mission

THREE THINGS TO KNOW

DON'T MISS THIS. Join us on Friday, December 4th from 6:30 to 8 PM for our Discovery Village **JINGLE JAM**! Bring the whole family to kick off the Christmas season by celebrating Jesus with worship, the Christmas story, cookie decorating, and more. This event is for kids from birth through fifth grade and their families. To register, click HERE.

GROUP VALUES. This week, we finish our focus on the value of **CARE**, specifically caring for the people in your small group. Take time as a group to talk about how you'd like to support one another when the expected and unexpected difficulties of life arise. As your group journeys together into the holidays, pay attention to how you can pray for and show up for each other. You can also reach out to your Group Life contact or coach for support.

GROW AS A LEADER. As we begin our new series, **PRAYERS OF DAVID,** we turn our attention to David's prayer from the cave, Psalm 142. In the cave, he felt trapped, alone, and overwhelmed. Some people in your group may be in a similar season right now, and the holidays can make that weight heavier. This week, set aside time to pray for each group member by name. Ask God to meet them in their hard places. Then reach out to one or two of them with a text or call to let them know you're praying for them.

SERMON DISCUSSION GUIDE

This week, we begin our sermon series **PRAYERS OF DAVID**. Over the next five weeks, we will explore the different seasons of David's life and the prayers he prayed in each. We start with a prayer of lament that David prayed while hiding for his life in a cave.

ICEBREAKER
When you need to get away from it all, where's your favorite place to go?

THIS WEEK'S TEXT
Have someone read Psalm 142 aloud.

According to the introduction to this psalm, where was David when he prayed it?

What words or phrases does David use to describe how he feels?

How does David's tone change in the final verse of the psalm?

THIS WEEK'S SERMON

Pastor Jeff Manion kicked off the new series by showing how David's prayer from the cave teaches us to bring our pain to God. As a group, recall some of the sermon's big ideas and main points.

Unlike a race we sign up for, most suffering in life comes without our permission. How does our culture typically tell people to handle pain they didn't choose?

Where do people today usually turn first when life falls apart?

Grief often looks different from person to person and moves at different speeds. How can we as a group better care for people whose grief looks different from our own?

It's possible to complain about life with our backs turned to God, or to turn and pour out our lament to him. Why does the direction we're facing matter so much when we're hurting?

Who is someone you've watched hold onto hope in God's goodness through loss and suffering? What did that look like?

Think of a time you felt alone in a hard season. What did someone do that helped you feel less alone?

Jesus was also trapped, abandoned, and alone, yet he chose to suffer for us. How does knowing Jesus willingly entered that kind of pain shape the way you pray in your own hard seasons?

David's prayer gives us a pattern: I didn't think I would be here; here's how I feel, and yet I want to trust you. What "cave" are you facing right now that you could bring to God using David's prayer as a model?

WRAP UP

This week, we discussed how David's prayer from the cave teaches us to bring our pain honestly to God. What from this conversation or the sermon encouraged or challenged you the most?

Close your time in prayer, using Psalm 142 as a guide to bring your group's needs honestly to God.