

The background image is a dramatic scene of a cave's interior. A bright, glowing sun is positioned in the center of a jagged, rocky opening at the far end of the cave. The sun's light creates a powerful beam that reflects off the calm water surface, forming a wide, luminous path that leads from the cave's entrance towards the viewer. The cave walls are dark, textured, and appear to be made of rough rock. The overall color palette is dominated by deep reds, oranges, and yellows, evoking a sense of warmth and divine light.

Sheila Chater

There are Two Caves

Coming out of a place of darkness into God's light...

INTRODUCTION

This message of “The Two Caves” was literally downloaded to me by the Lord within a few minutes. I have been praying for a timely message for a gathering of intercessors my husband and I were sharing with . When the outline of this message was given to me, I knew in my spirit straight away how the Holy Spirit wanted me to deliver it. It was a supernatural moment with Him. All the participants at the Intercessory Seminar were powerfully touched by God. There were very deep inner healing, and some experienced the deliverance of the Lord that day – some without anyone laying hands on them.

Since then, we have discovered that many Christians have been struggling with discouragement and distress. Some have managed to overcome very quickly, while others have entered into their very own “cave”. The Lord has been urging me to put this message into an e-book. I am believing that He will use this message to speak and minister to His own people. Whether you are an intercessor or not, I pray that these words might be helpful to you in running your race for the Kingdom of the Lord. May you find your “A-ha moment” and breakthrough as you read through this e-book.



All Scriptures quoted in this e-book are from the NIV Bible

PART 1

TWO MIGHTY MEN

In the Old Testament there are two mighty men of God who encountered similar challenges. They both fled for their lives. They were both intimidated and wanted for their lives by their enemies. Fear causes us to run, but it will come a time, when we need to know what we are to do in our running. Elijah and David both experienced distress, discouragement, rejection and confusion at a critical time in their lives. Both ran into a cave of their own, but the way they handled their struggles were very different and ultimately impacted their destiny. Let us take a look at these two great men of God and learn from them.

A CAVE IN MOUNT HOREB

In 1 Kings 19, we read that Elijah received a message from Jezebel.

"Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So, Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." 1 Kings 19 : 1-3

The name Jezebel means "Baal exalts" or "Baal is husband to" or "unchaste". Jezebel was not only the enemy of Elijah, but also "the

enemy” of God in her days. Her life was all about Baal, while Elijah’s life was all about God, His Maker. She saw Elijah as her number one threat as he represented the total opposite of what she believes in. Jezebel was setting up the prophetic from the wrong source of power. I believe that Jezebel symbolizes the crave of the enemy who wanted to operate in the gift of God but could never match the pure and original power of God.

The very thing that Jezebel was trying to raise up, Elijah was tearing down. She was very clear in her warning to Elijah. She was after his life! She desires to wipe out everything that Elijah represented and what God was wanting to bring to pass through Elijah. The spirit of Jezebel, which is control and witchcraft is still trying to stop the prophetic people of God today. She (could be a he too) hates the prophetic anointing. She is afraid of the freedom in the Holy Spirit. If you are moving in the prophetic anointing, you will either have come across a resistance from this spirit or will someday encounter it. It is not a negative declaration, but something we should be aware of. Paul reminded us 2 Corinthians 2:11 “For we are not unaware of his (Satan’s) schemes”. We do not need to fear, because we to overcome it. Isaiah 54:7 “No weapon formed against you shall prosper.”

The spirit of Jezebel, which is control and witchcraft is still trying to stop the prophetic people of God



Before this life-threatening warning came from Jezebel, Elijah had just confronted the false prophets of Baal and killed them all. He was about to destroy the foundation of Jezebel's kingdom. This was a power encounter between darkness and light. The fire of God showed up just as Elijah prayed for God to manifest His power for all present to see. ("Then the fire of the LORD fell and burned up the sacrifice, the wood, the stones and the soil, and also licked up the water in the trench." 1 Kings 18:38). This is one replay that I would like to see.

However, when he received the word from Jezebel, Elijah became very fearful for his life and decided to run. He probably felt like he could not trust anyone; not even his own servant. He felt alone and he isolated himself from everyone.

Isn't it funny that when we feel alone, that is often the moment when we would isolate ourselves from others? Elijah felt abandoned by his God. It is an irony how we can do great works for God, but when something goes wrong in our ministry or life, the first person we tend to blame is God. These words might ring through our mind although we may not utter them: "You put me here!". "I didn't ask to be here!". "Why did You allow this to happen?" "Don't You care?" "Why don't You bring justice?" Elijah entered into self-pity. He was angry and had a persecution complex. When we are in this state of mind, it is difficult for us to think right and to even pray right. This is not the time to make any major decisions.

When we are tired and feel intimidated or alone, we must take care of what we are saying to ourself. Our self-talk can either help us to get out or take us deeper into discouragement. I heard someone once taught that "ENCouragement is when courage is added onto us. DIScouragement is when courage is taken out of us".

Elijah was ready to die - to be taken away by the Lord from Jezebel. He probably reasoned to himself, if Jezebel who has the control over the nation is after his life, he might as well be killed by God than to die at the hand of his enemy. He was discouraged, dejected, disappointed, and even felt resentful towards God (1 Kings 9: 10 & 14),

Elijah fled into a cave (1 Kings 19:9). He had gone into a "cave like mentality" - "I am alone". This kind of mentality can open us up to a spirit of error. We can become exclusive and seclusive. In our own eyes "no one seems to understand our predicament" and we don't seem to be able to trust anyone. Elijah left his servant behind and set out on his journey into the wilderness (vs 3). We need to be careful that we don't shut out people who have helped us in the past when we are in our "wilderness". Especially when we are in a downward spiral in our thoughts and emotion.

God had anointed Elijah for a mighty ministry, but Elijah had decided to give up. He asked to be taken away and the Lord had to prepare someone else to replace him. If we insist, we can have our own way, but we will miss out on the blessings of serving the Lord. We will see later in 1 Kings 19: 15-18 that God told Elijah to anoint three people, whom He would use to finish what Elijah did not want to complete.

"The LORD said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu". 1 Kings 19:15-18

This speaks of God's grace toward Elijah. He gave Elijah the privilege of imparting what he carries to Hazael, Jehu and Elisha. God is always faithful towards us, His people. He desires to partner with us, although He is fully capable of doing everything Himself. The spiritual inheritance that God designed for Elijah was not lost. In His wisdom,

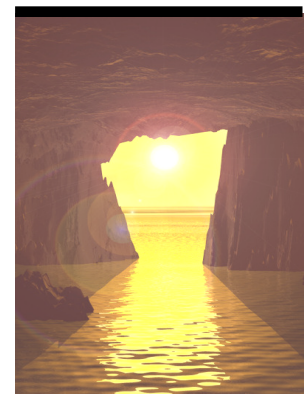
He restricted His plan of victory to include Elijah. This is the love of our Father God for His children.

God did send Elijah help when he began to feel depressed. In 1 Kings chapters 4-5 we read that even after Elijah showed his displeasure to the Lord, God still sent His angel to feed him. Elijah saw the Lord's angel and he experienced God's refreshing touch, yet he continued the journey in the same mentality he started off with. We can either journey through our wilderness with God's help and allow Him to soften our difficulties and hardship by filling our hearts with thanksgiving and faith, or we can insist on becoming bitter and in so doing make things much more challenging for ourselves.

God is a faithful God and He will come to us when we cry out to Him for help. The Lord's word came to Elijah in the cave. He asked, **"What are you doing here, Elijah?"** The answer Elijah gave to the Lord revealed his fear and lack of trust in the Lord. Is it strange that the great Prophet Elijah who called down fire from heaven and saw many of God's mighty works are now fearful for his own life?

In James 5:17, we were told that **"Elijah was a man with a nature like ours"** We are all susceptible to reacting in a wrong way when under tremendous stress or pressure. My husband and I have been in that same position many times. As I am writing this, I am reminding myself that I am to focus on the Lord and not on my circumstances. One thing we have learnt in the wilderness is that our mind is the "battlefield". We can either put on the mind of Christ or we can allow our thoughts to condemn us, to terrify us and lash back at those who have hurt us. Satan loves tormenting the people of God by planting defensive thoughts in their mind against those who have offended them. If we entertain them, we would find ourselves wasting our time coming up with all the words

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we could accuse these people with or thoughts that could justify our actions. We placed ourselves in a drama whenever we do that – rehearsing the pain in our mind, which will affect our emotions negatively.

The first time God asked Elijah what he was doing in the cave, Elijah was inside the cave. Before the Lord spoke to Elijah the second time, He instructed Elijah to come out of the cave and stand on the mountain before Him.

“And the word of the LORD came to him: “What are you doing here, Elijah?” He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.” The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, “What are you doing here, Elijah?” He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.” 1 Kings 19: 10-14

From here we can sense the loneliness of Elijah. He thought he was the only one who was standing for the Lord. There was no hope for anyone else, including himself. How often do we feel this way when we are being persecuted for doing the will of God? This can be the moment when we wonder if it is worth continuing to run the race.

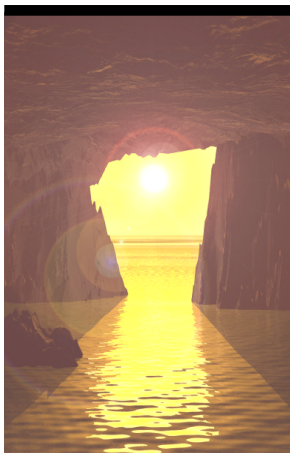
“For it is commendable if a man bears up under the pain of unjust suffering because he is conscious of God. But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for

doing good and you endure it, this is commendable before God. To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his step” 1 Peter 2:19-21

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up” Galatians 6:9

God encourages us not to give up on doing what is good and right. He will reward us at the proper time. So, hang on in there Mighty Men and Women of God!

....Elijah
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Horeb was the mountain where the Lord had revealed Himself to Moses. It is very interesting to read that even when Elijah heard the whisper of God, he merely went to the mouth of the cave. He did not stand on the mountain as God had instructed him to. Yet, I believe that Elijah came to this mountain because he knew God would show up. This is the very mountain where God first called Moses, where He revealed Himself in the burning bush to Moses, where He made a covenant with His people and where He revealed His glory.

God was desiring to reveal Himself to Elijah again, but we read that Elijah was still inside the cave after God had told him to come out. God understands what a “cave like mentality” can do to our thinking and our response to Him. We read that:

“the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind, and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice.” (vs 11-12)

It was as if God was wanting to catch Elijah’s attention. God was again showing Elijah His power, His mighty presence which Elijah had access to. Perhaps God was wanting to build Elijah’s faith? Hoping that by

taking Elijah out of the cave and darkness and placing him on the mountain He might be able to lift Elijah out of his depression? Perhaps God was trying to show Elijah that He is still Lord over His creation? It was like God was breaking down the cave around Elijah, so that he could emerge into God's light.

Amazingly it seems that Elijah was untouched by these experiences. Could it be that Elijah has become too familiar with the manifest presence and power of God? Let us not get so familiar with what God has done for us that we miss His personal message to us now.

The Lord repeated His question to Elijah – **“What are you doing here, Elijah?”** It was like God was giving Elijah a second chance to respond to Him in the right manner. God was wanting Elijah to change his mind set. God knew why Elijah was in the cave, in the same way He knew why Adam was hiding from Him in the Garden of Eden.

Whenever the Lord asks us a question, He is merely wanting to get us to think about what we are doing. He is the God of the second chance. He does not need us to explain or justify our actions, but He does want to give us another chance to repent or rethink about our deeds and actions. Sadly, Elijah gave the same reply to the Lord. And what was God's response to Elijah's answer? The Lord did not address Elijah's self-pity, but merely gave him instructions to go find the three people who would replace him in his ministry. The Lord saw that Elijah had made up his mind. However, in verse 18, in God's own way, He was saying to Elijah “By the way, I have reserved seven thousand in Israel, who have not bowed their knees to Baal.” By this stage, it was decided that Elijah would pass on his mantle to another. Our choice of words before the Lord Almighty can be very important.

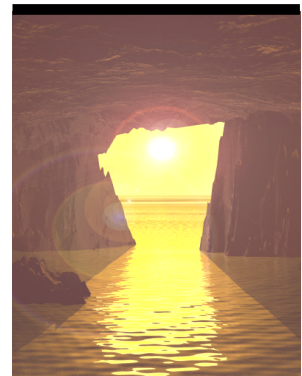
We praise God for what Jesus has done for us on the cross and the help of the Holy Spirit, who is our Counsellor. If our hearts are opened to Him, the Holy Spirit will help us to make the right decision. However, we have to listen to His voice and keep our hearts soft to the Lord.

“Today, if you hear his voice, do not harden your hearts as you did in the rebellion.” Hebrew 3:15

No matter how intimate or close we think our relationship is with the Lord, we need to still remember that **“He is our King”**. God does give us a choice to respond to His call or not to respond. Our Father desires for us to be an Influencer in our generation and fulfil our destiny.

There is another man of God who ran into a cave in escape of his enemy. Let us take a look at how he handled his struggles :-

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PART 2

THE CAVE OF ADULLAM

We know that David also fled from his enemy - Saul. He too ran into a cave - the cave of Adullam.

“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. All those who were in distress or in debt or discontented gathered around him, and he became their leader. About four hundred men were with him.” 1 Samuel 22: 1 – 2 (NIV)

Here we read that instead of giving up, David continued to believe in the calling and promises of God to him. David trained himself in the cave; not only that, he trained others. He allowed his family and others to come into his cave with him. Even in his state of distress and discouragement, he did not shut others out. His heart was still filled with compassion for those who were suffering like him. He could have said “there are too many of you. You will bring me problems. I have no way of feeding or taking care of you.” Instead he opened his heart to others and helped them in their distress.

When we are in pain ourselves it is in reaching out to those whom God sent to us that we will be encouraged and find God’s strength. David did not go looking for these ones, but the Lord sent them to him. Do not attempt to continue to pour yourself out to others when you are discouraged unless it is the Lord send people to you. If we are led by our own need to be wanted, we will dry ourselves out, but if we are led by God to help others, we will find that He is our source of wisdom and strength.

God gave David the opportunity to help bring out His potential in these 400 men. He was able to see them through the eyes of the Lord. He did not look at their past failure or sins, nor their current distress, but he

saw them as the mighty men of God and raised them to be men of valour who did amazing exploits (2 Samuel 23:8-9, 1 Chronicles 11 & 12). He sowed into these mens' lives by giving them his best and he reaped from their faithfulness when he most needed them. Are we raising an army for the Lord or are we chasing the army of the Lord away?

David could have easily been totally discouraged and distressed like those who joined him. However, he was not influenced by them. Instead, he imparted good skills into their lives and brought out the full potential of the Lord in them. Train yourself not to listen to negative talk or have a "pity-party" with those who are wounded when circumstances cause you to run for cover. Give hope to those who needed help like you. As we begin to speak hope to others, we will also be lifted up by our words of hope. David is one person who know how to recall the goodness and faithfulness of the Lord. Throughout his psalms, David might start off with expressing his discouragement or fear, but he would often end with the declaration of God's sovereignty, His awesome deeds and His deliverance. It was in the cave of Adullam that David wrote **Psalm 58:**

**Have mercy on me, O God, have mercy on me,
for in you my soul takes refuge.**

**I will take refuge in the shadow of your wings
until the disaster has passed.**

**I cry out to God Most High,
to God, who fulfills his purpose for me.**

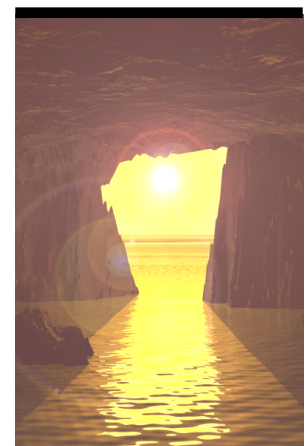
**He sends from heaven and saves me,
rebuking those who hotly pursue me; Selah
God sends his love and his faithfulness.**

I am in the midst of lions;

I lie among ravenous beasts —

**men whose teeth are spears and arrows,
whose tongues are sharp swords.**

Train yourself
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Be exalted, O God, above the heavens;
let your glory be over all the earth.
They spread a net for my feet—
I was bowed down in distress.
They dug a pit in my path—
but they have fallen into it themselves. Selah
My heart is steadfast, O God,
my heart is steadfast;
I will sing and make music.
Awake, my soul!
Awake, harp and lyre!
I will awaken the dawn.
I will praise you, O Lord, among the nations;
I will sing of you among the peoples.
For great is your love, reaching to the heavens;
your faithfulness reaches to the skies.
Be exalted, O God, above the heavens;
let your glory be over all the earth.

Can we still find it in our heart to praise the Lord in times of hardship? Will our lips be praising His name when our heart is sad? David stirred his own soul to worship His Lord: “Awake, my soul!....I will praise You, O Lord...” It is only when we have the right perspective of how great our God is, will we be able to let go and let Him be our help in times of trouble.

There is power in the faith filled positive declaration of our mouth. These words will release life and break the cords of death around our neck and help bring others out of their “cave”. When we are discouraged and when people seem to be against us, especially our own brothers and sisters-in-Christ, it is time to focus on the task which God has set ahead of us; not just on our problems. Satan’s aim is to side track us from the vision God has given us and to hinder God’s purposes for our lives. David held on to God’s promises to him. He knew without a doubt that he was anointed to be King over Israel. No one, not even Saul was able to change that!

In our time of discouragement, Jesus wants to be our Refuge and our Stronghold. Jesus alone is our Fortress and He alone can fortify our hearts against any fear. One day the Lord showed me a vision of my heart being enveloped by His heart. It was like God's healing, His love, His affirmation, His strength and every goodness from His heart began to flow into my heart. I felt the deep touch and inner healing of the Lord that day. I often think about this vision and I know that this is what our Great High Priest wants to do for everyone who would come to Him for healing and help.

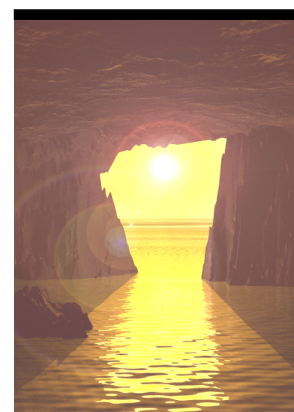
Take time today to just simply come into Daddy God's presence, crawl up onto His lap and just stay there and rest. He knows every thought you are thinking, He knows every pain you are going through, He knows exactly what you need right now. He lives inside of you. He is not a God who is far away.

How we respond in the cave that we have fled into is going to decide if we will rise or fall spiritually. We have seen too many Christians give up hope in God and give up their inheritance in the Lord. May we run the race for our King with total dependence upon Him for help and grace.

The key to David's security in the Lord is "spending time with his God". David did not learn this in the time of war nor when he was the King. He learnt this in his days out in the fields watching his sheep; when he was a nobody. We too need to learn to draw near to the Lord and wait in times of peace and rest. When we are in need the most, we will be able to draw from the well of His presence we have dug for ourselves and let the river of God flow out.

The key difference between Elijah and David is that Elijah did not let what he had experienced in God persuade him to remain in the Lord's service. David on the other hand kept reminding himself of God's

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faithfulness and breakthrough in his life and would stir himself to stay on track with the Lord. His very first public battle was with Goliath, the giant who taunted Israel with his words day and night. He won that battle and when he was eventually forced to flee from Saul, David ended up using the sword of his defeated enemy. Does this teach us anything? God want us to know that just as we have overcome the enemy in the past, we can overcome him again in the present. The lessons we have learnt from our battle against the enemy in the past can be made use of by the Lord in our present struggle.

What are the lessons we have learned from the past that we can apply to our present circumstances? Ask the Lord today, sons and daughters of God. Let God turns what the enemy intended for evil into something good for you.

We are very much aware that our warfare is not against flesh and blood but against ... Therefore our battle must be fought through intercession led by the Spirit of the Living God. In times of intercession, in times of strong spiritual warfare, it is possible that we might get some resistance which brings backlash from the enemy. We need to remind ourselves not to get distracted by our own wounds during warfare, but to continue to focus our attention on our Commander in Chief and trust Him to lead us into total victory.

During one of those intense time of spiritual warfare, my friend, May had a vision of me swinging my sword into roots of big trees. One of the roots sprang up and cut my arm. I started to bleed and although it was not a very deep wound, I stopped fighting and just stared at the wound. Sometimes, we can be in a state of shock when we get hurt; especially when we did not expect to be hurt by those close to us. David was in a state of shock and as a result, he fled without his weapon. The very person he served and respected had turned against him.

"David asked Ahimelech, "Don't you have a spear or a sword here? I haven't brought my sword or any other weapon, because the king's business was urgent." The priest replied, "The sword of Goliath the

Philistine, whom you killed in the Valley of Elah, is here; it is wrapped in a cloth behind the ephod. If you want it, take it; there is no sword here but that one." David said, "There is none like it; give it to me." 1 Samuel 21:8-9

David in his running left his sword behind. He went to see the priest Ahimelech asking for a weapon. No warrior can fight without a weapon. Have you left your weapon behind in your running? You

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need to pick it up again. Don't let your weapon go rusty. Have you stopped praying, stopped spending time with God, stopped reading His word, because you think you need time out? The enemy will not give us any time out. We need God's strength daily. He is prowling around like a roaring lion waiting to pounce on us, the moment we let our guard down (1 Peter 5:8). Don't let your spiritual muscle becomes flabby. Sharpen yourself in the presence of the Lord and His word even in your time of seclusion.

"For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." Hebrews 4:12

During times of difficulties God can show you many practical things. Let us look for these treasures in darkness.

David asked for bread from the Priest who stayed in the house of the Lord.

"David went to Nob, to Ahimelech the priest. Ahimelech trembled when he met him, and asked, "Why are you alone? Why is no one with you?" David answered Ahimelech the priest, "The king charged me with a certain matter and said to me, 'No one is to know anything about your mission and your instructions.' As for my men, I have told them to meet

me at a certain place. Now then, what do you have on hand? Give me five loaves of bread, or whatever you can find.” 1 Samuel 21: 1-3

David and his men were given holy bread to eat. In your time of resting and recuperating, seek the Bread of Life, Jesus. David’s desire was to live and see the promises of God come to pass. He knew that he needed food to sustain his strength. A warrior is no use to anyone if he has no strength. Let the word of God feed your spirit and lift up your soul. Let the Word of God give you faith and strategies to overcome.

David went to the priest of the Lord for help. In our running, we need to go to the house of the Lord. Don't stay away from fellowshiping with God’s family. We need to be around those who know how to get into the presence of the Lord. We need to go to people who know how to pray, how to tap into the power of God. We need to begin to ask for prayer support from people who know how listen to the leading of the Holy Spirit. People who can breakthrough for you in the spiritual sense, to release God’s Word (the sword of the Spirit) into your situation. Don’t be too proud to ask for help. There is power in the prayer of agreement.

“Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them.” Matthew 18:19 - 20

During all these years of ministry, we have run into tough situations more than once, and we do not hesitate to ask friends or family to cover us in prayer. Many times, we see the immediate answer or deliverance of the Lord as faithful intercessors pray for us.

We know David’s story very well. He faced many battles in his lifetime. He was not a perfect man, yet God said of David as “a man after His heart”. What was it about David that the Lord took delight in? It is David’s heart that never stopped pursuing and trusting God. God does not expect us to be living on the high all the time, but He does expect us to cast our cares upon Him and not give up on Him.

P A R T 3

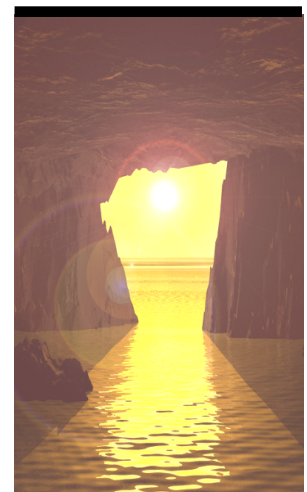
BREAK FREE!!

The Warriors of David, Eleazar and Shammah fought against the Philistines in separate battle (2 Samuel 23 : 9-12). Even when others ran, they stood their ground till God brought a great victory through them. I believe it was because they had learnt from David in the cave of Adullam never give up on the inheritance of God.

I encourage you to stop running and stand on the “lentil ground” the Lord has given you. You do not have to give up!! Break free from the cave you are in. Break free in the name of Jesus Christ!! Break free by the power of the Holy Spirit. Break free and rise up again for your Heavenly Father. Break free from any controlling spirit that is trying to hold on to you. In Jesus’ Mighty Name break free from the despair and the sting of witchcraft that sought to bring you down!!! Let the voice of the Lord come like a strong and mighty wind to tear to pieces the cave the enemy has put you in!

Gideon had to get out of his cave before he could lead God’s people. Elijah had to get out of his cave, before he can impart the anointing of God to Elisha and Jehu. David and his mighty men had to leave their cave before they could advance for God. God is calling you out of your cave. He is saying to you “Come out! Come Out! Come out of the cave that hinders you. Come of the cave that keeps the talents and giftings I have poured into your life hidden! Come out and stand before Me so that you can hear My voice clearly

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again". Rise up, my brothers and sisters-in-Christ and advance again for your King's Kingdom knows no end.

STEPS TO RESTORATION IN THE LORD

- Repent of all anger, resentment and for rejecting the call of God
- Forgive all those who have wounded us. Forgive God and forgive yourself
- Release blessings to all those who have wounded, betrayed or exploited you in any way.
- Receive healing from God
- Recommit your life back to God and choose to walk fully in His call
- Deal with the powers of darkness with the authority Jesus has given you

PRAYER

Dear Lord Jesus, I acknowledge your Lordship over my life. I surrender myself to You again today. I recommit my life fully to You.

Lord Jesus, please forgive me for all the resentment, bitterness, unforgiveness and grudges that I have been harbouring against those who have offended and hurt me. I release them to you. I forgive.....(name them). I bless them in Jesus' name.

Lord, please forgive me for being bitter towards You and for my lack of trust in You. Cleanse me Lord with Your precious blood. I declare that

I love You with all my heart - there is no one else whom I will serve and bow down to apart from You. Please forgive me for rejecting the ministry You have called me into because of pain, fear and hurt. I will walk by faith in the ministry You have given me.

Lord, I forgive myself for all the mistakes I have made in the past. I now renounce anger, hatred, unforgiveness, bitterness, resentment, murder in my heart, all soulish prayers, jealousy, envy, pride, guilt, condemnation, control, domination, manipulation and an indifferent spirit. I resist and reject the spirit of heaviness, complacency, weariness, exhaustion, self-pity, rejection, passivity, negativity, mourning, sorrow, grief, dejection, despair, despondency, discouragement, all false burden, fatigue, loneliness, lethargy, insomnia, restlessness and thoughts of suicide. I reject the spirit of death over my life and over the call and vision You have given me. I renounce the "cave-like mentality".

I renounce depression, anguish and the spirit of torment. (Name anything else which you feel God is placing His finger on today in your life that you need to renounce and ask for forgiveness).

Lord Jesus, I receive your healing for my spirit, soul and body today. Lord Jesus, I receive your deliverance for my life today. I receive your refreshing touch and a fresh commissioning upon my life today. I choose to come out of the cave and stand before Your presence so that I can hear Your voice again.

Fill me up Holy Spirit and speak your truth into me today.

In Jesus' name I pray. Amen!

(Take a little time to ask the Lord what truth He wants to replace the lies that you have believed. Write them down and speak them over your life. Each time the old lies try to come back to you, speak these truths over yourself to replace the lies from the enemy.)