Several days ago I was able to go on my first cave exploration adventure, and what an adventure it was! There were several lessons I learned from that day that are worth sharing.

**(1) God’s creation is truly amazing.**

-- Ps 19:1 the heavens declare your glory, and the firmament

--Psa 33:6-9

The LORD made the heavens and everything in them by his word.

He scooped up the ocean and stored the water.

Everyone in this world should worship and honor the LORD!

As soon as he spoke the world was created; at his command, the earth was formed.

**(2) Even in the depths of that cave, God was still with us.**

--Ps 139:7-12

Where can I go from Your Spirit? Or where can I flee from Your presence?

If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there.

If I take the wings of the morning, And dwell in the uttermost parts of the sea,

Even there Your hand shall lead me, And Your right hand shall hold me.

If I say, "Surely the darkness shall fall on me," Even the night shall be light about me;

Indeed, the darkness shall not hide from You, But the night shines as the day; The darkness and the light are both alike to You.

**(3) Christian fellowship never ceases to amaze me.**

--getting to know each other better

--strengthening each other

--being able to help each other

--there are any number of ways you can get together!

--!!!it’s good to NOT be alone, esp when you’re in trouble

\*\*Ecc 4:9-10 Two are better than one, Because they have a good reward for their labor.

For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up.

**(4) It’s good to stretch yourself and leave your comfort zone.**

**(5) Surrender**

Lord, King, humble

--Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you……1 Peter 5:6-7