

Out of the Cave

Big Idea: Am I Ok? (Read 1 Kings 18 & 19:1-4)

Pastor Curt Seaburg

In this week's message, Pastor Curt began Part 1 of a two-part series called "Out of the Cave," which addresses the topic of depression. We need to strive to break the stigma associated with depression so that we don't think less of ourselves or others who struggle with mental illness. It's okay to not be okay, and we should all work to create an environment that welcomes discussion about depression and other mental illness.

While depression can stem from genetic or biological roots, it isn't always a malfunction of the mind. Sometimes, it's a signal of external factors in our lives that can be identified and remedied. Either way, we can be confident that mental illness does not determine our identity and that through proper care and relationship with Jesus, we can experience freedom from depression. By following the story of the prophet Elijah found in 1 Kings 19:1-4, Part 1 of this series helps us identify how we can end up in the "cave" of depression. When we identify these factors, we can begin our journey out of the cave! Here are the 6 factors:

1. We end up in the cave through life imbalances. We are often exhausted by our unsustainable pace of life. We need to slow down and prioritize our lives.
2. We end up in the cave by comparing ourselves to others. We must focus on the task God has given us, instead of what everyone else is doing.
3. We end up in the cave through ruminating and self-talk. We must take our thoughts captive!
4. We end up in the cave by our inability to process pain in a healthy way. We all medicate our pain in some way. We can do this in a healthy way by finding a purpose for our pain.
5. We end up in the cave through isolation and loneliness. God never intended for us to do life alone. We need to get in community!
6. We end up in the cave by ignoring spiritual warfare. God has given us authority over the enemy, but we have to use it!

Discussion Questions

- Have you or someone you love experienced depression in some way? Of the ways we get "in the cave" which resonates most with your personal journey?
- Talk about the stigma that is often associated with depression. What are some of the stereotypes associated with depression? In the past, has this stigma kept you from sharing your personal struggles or engaging with others when they struggle? What can you do to help break this stigma?
- Pastor Curt said that there is purpose in our pain. What do you do when you are experiencing painful life circumstances? In what ways can you use your pain for a greater purpose?

Prayer Focus

Jesus, thank You for never leaving us and for loving us through our darkest hours. Show us the ways we may have entered the cave of depression, and guide us out, into a life of freedom. We bring our struggles to You today and speak peace, life, hope, and health over our lives, in Your mighty name! Amen.

Next Steps

If you are struggling, be intentional and get connected with someone in your Group or at your campus.

Leader Tip

Be aware of the Group Leader resources located on our website or app and share them with your Group.