

Out of the Cave

Big Idea: Christ in You (Colossians 1:24-27, 2 Corinthians 1:1-24)

Pastor Brett Rush - Part 3

This week we finished up a series on 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. Remember, it's okay to not be okay, but we don't want you to stay not ok! We believe they are steps you can take to get out of the cave, and we want to help. Pastor Brett shared his journey of getting out of the cave and unpacked some keys to living life outside the cave. **Colossians 1:27 "Christ in you, the hope of glory."**

The central message of the Apostle Paul and the New Testament is 'not I but Christ'. This is the message of the New Testament, and we will continue learning the depth of this statement until Jesus returns or calls us home. The other important key is the phrase 'the hope of glory.' In this context our hope is... the hope of being changed to display the nature and character of God!!

Our hope then is not in ourselves, but in Christ who lives in us, we can now break free from the bondage to sin and failure and even depression. Read Hebrews 4:16... not only will He accept you, but He will also listen to you, and He will hear your prayers and give you the ability to overcome what you are facing. In the Old Testament, most of the people of God had to come to terms with the fact that they would never encounter the presence of the God they believed in. Until one day, Solomon built the Temple and God told him the true purpose of this building. Read 2 Chronicles 7:15-16... today, the Temple may be gone, but the temple principle is alive and well. Read 2 Corinthians 6:16... the word of God in all its fullness! Christ in you! It means that you are the new covenant point of connection between heaven and earth. It means you are the place, the person to which God attaches His presence and you are called to reflect and reveal God to this world. Notice two things from Matthew 5:14-16... **The temple was visible!** And in Luke 19:46... **The temple was a house of prayer.** We need praying temples that carry... the holiness of God, the atmosphere of peace and grace, an attitude of humility, the spirit of love and a sound mind, and joy unspeakable and full of glory these truths can help you live out of the cave. This world needs to see your Christ light shine (see Matthew 5:14-16).

We're going to help you walk out the cave. You're not what you did. You are not what happened to you. You are not who the world says you are. You are a temple of the living God. Christ in you, the hope of glory. You are the beauty of God on display.

Discussion Questions

- Thinking of Elijah's cave of emotional distress, would you put yourself today: in the cave, having stepped out of the cave, or living a life of glory based on Christ in you?
- Do you believe that Christ is in you? In what ways does it affect your life?
- Why do you think Jesus Christ would want to dwell in us?
- What should our response be to God?

Prayer Focus

Father, be with those of us who are struggling with depression today. Let us feel Your presence, get close to You. Fan the flame of prayer in our hearts today. May we be a dwelling place for your glory. A communicator of the gospel. In Jesus name, Amen!

Next Steps

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

Leader Tip

Encourage your group to live out the truths from today's message. If someone in your Group needs resources, they are available at: <https://victorychurch.org/resources/counseling/>