

# Out of the Cave

**Big Idea:** Stepping Into The Light

**Pastor Curt Seaburg - Part 2**

In this week's message, Pastor Curt finished 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. Remember, 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. By following the story of the prophet Elijah, Part 1 of "Out of the Cave" helped us identify how we can end up in the "cave" of depression. Continuing Elijah's journey in 1 Kings 19:5-18, we discover how he stepped out of darkness and back into the light. When we see how God met Elijah in his time of depression and led him out of it, we too can find a way to step into the light. Here are 5 steps to take:

1. **Step into a needed recovery.** We need to get in healthy physical shape through intentional rest, healthy diets, and sustainable schedules.
2. **Step into a God encounter.** We need to create environments where we can quiet our souls and make room for God.
3. **Step into a true identity.** We need to be confident in who God says we are!
4. **Step into a new assignment.** There's nothing more powerful than a purpose! As we pour ourselves out for others, God will fill us up.
5. **Step into relational strength.** We need to find a group and never do life alone.

## Discussion Questions

- Discuss which of the practical steps above resonated with you most, and why. If you are struggling with feelings of depression, consider sharing this with the group so that you can support each other with relational strength.
- Do you prioritize time to "Be Still" in God's presence?
- Does the influence of culture and social norms influence how we see ourselves?
- What are you involved in that brings meaning and purpose?
- As a group, discuss some practical ways you can "step into a needed recovery" and "step into a God encounter." Set goals together and help each other stay accountable to take those steps.
- Who are your 5 closest friends? Are they helping you become more like Christ?
- If you've experienced depression and have stepped back into the light, how did God bring you out of the cave? Encourage others with your testimony!

## Prayer Focus

Father, be with those of us who are struggling with depression today. Let us feel Your presence, get close to You, and walk in the identity You have given us. Help us incorporate healthy lifestyles and boundaries into our lives so that we can be strong physically and mentally. Surround us with supportive community, and show us who You want us to serve this week. We submit our steps to You. In Jesus' 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

Celebrate the community you have in your group! We truly are better together. Encourage your group to pray about any new assignments they may be called to and help them identify their next steps. If someone in your Group needs resources, they are available at: <https://victorychurch.org/resources/counseling/>