

# Interrupting the Spiral

Out of the Cave – Part 3

April 21, 2024

## Discussion Questions:

1. Have you experienced the spiral of depression before?
2. What life imbalances do you know of that could be spiraling your depression?
3. How can the Lord's presence shape our perspective?
4. What sources of noise are overpowering God's gentle voice in your life?
5. How can you better leverage your community to interrupt the spiral of depression?