

Interrupting the Spiral

Out of the Cave - Part 3

April 21, 2024

None of us fake having depression or anxiety. What we fake is being ok.

Depression

- Situational Depression
- Clinical Depression
- Despair

Depression is not a competition.

Depression is not new.

"Answer me quickly, Lord; my spirit fails. Don't hide your face from me, or I will be like those going down to the Pit." Psalm 143:7 (CSB)

The darkness of depression is real even when you're living in the light of God's grace.

"²²Then Elijah said to the people, 'I am the only remaining prophet of the LORD, but Baal's prophets are 450 men. ²³Let two bulls be given to us. They are to choose one bull for themselves, cut it in pieces, and place it on the wood but not light the fire. I will prepare the other bull and place it on the wood but not light the fire. ²⁴Then you call on the name of your god, and I will call on the name of the LORD. The God who answers with fire, he is God.'" 1 Kings 18:22-24 (CSB)

"At noon Elijah mocked them. He said, 'Shout loudly, for he's a god! Maybe he's thinking it over; maybe he has wandered away; or maybe he's on the road. Perhaps he's sleeping and will wake up!'" 1 Kings 18:27 (CSB)

"³³Next, he arranged the wood, cut up the bull, and placed it on the wood. He said, 'Fill four water pots with water and pour it on the offering to be burned and on the wood.' ³⁴Then he said, 'A second time!' and they did it a second time. And then he said, 'A third time!' and they did it a third time. ³⁵So the water ran all around the altar; he even filled the trench with water.'" 1 Kings 18:33-35 (CSB)

"³⁸Then the LORD's fire fell and consumed the burnt offering, the wood, the stones, and the dust, and it licked up the water that was in the trench. ³⁹When all the people saw it, they fell facedown and said, 'The LORD, He is God! The LORD, He is God!'" 1 Kings 18:38-39 (CSB)

"So Jezebel sent a messenger to Elijah, saying, 'May the gods punish me and do so severely if I don't make your life like the life of one of them by this time tomorrow!'" 1 Kings 19:2 (CSB)

"⁴³Then Elijah became afraid, and immediately ran for his life. When he came to Beer-sheba that belonged to Judah, he left his servant there, ⁴⁴but he went on a day's journey into the wilderness. He sat down under a

broom tree and prayed that he might die. He said, *'I have had enough! LORD, take my life, for I'm no better than my ancestors.'*" 1 Kings 19:3-4 (CSB)

"He entered a cave there and spent the night. Suddenly, the word of the LORD came to him, and He said to him, 'What are you doing here, Elijah?'" 1 Kings 19:9 (CSB)

"He replied, 'I have been very zealous for the LORD God of Armies, but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they are looking for me to take my life.'" 1 Kings 19:10 (CSB)

It is normal to experience feelings of depression. The spiral turns feelings into identity.

Everyone experiences sadness. Few interrupt the spiral.

"Then he lay down and slept under the broom tree. Suddenly, an angel touched him. The angel told him, 'Get up and eat.'" 1 Kings 19:5 (CSB)

Steps to Interrupt the Spiral:

1. Understand that it may not be a chemical imbalance, but a life imbalance.

"Then he said, 'Go out and stand on the mountain in the Lord's presence.'" 1 Kings 19:11 (CSB)

2. Seek the Lord's presence and find His perspective.

"¹²After the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was a voice, a soft whisper. ¹³When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance to the cave." 1 Kings 19:12-13 (CSB)

3. Turn down the noise and listen for His voice.

"³²Then they came to a place named Gethsemane, and He told His disciples, 'Sit here while I pray.'³³He took Peter, James, and John with Him, and He began to be deeply distressed and troubled." Mark 14:32-33 (CSB)

4. Confide in your community, not your cave.

"I have told you these things so that in Me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world." John 16:33 (CSB)