

We Go On

Out of the Cave - Part 8

May 26, 2024

- Anxiety
- Depression
- Suicide
- Addiction
- Burnout
- Grief

When we face the worst in life, how do we **keep going**?

“He entered a cave there and spent the night.” 1 Kings 19:9 (CSB)

*“¹³When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Suddenly, a voice came to him and said, ‘**What are you doing here, Elijah?**’ ¹⁴I have been very zealous for the Lord God of Armies,’ he replied, ‘but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword. I alone am left, and they’re looking for me to take my life.’” 1 Kings 19:13-14 (CSB)*

*“Then the Lord said to him, ‘**Go and return by the way you came** to the Wilderness of Damascus.’” 1 Kings 19:15 (CSB)*

We must emerge from the cave in order to fulfill our purpose.

*“¹⁵When you arrive, you are to **anoint** Hazael as king over Aram. ¹⁶You are to anoint Jehu son of Nimshi as king over Israel and **Elisha** son of Shaphat from Abel-meholah **as prophet in your place**. ¹⁷Then Jehu will put to death whoever escapes the sword of Hazael, and Elisha will put to death whoever escapes the sword of Jehu. ¹⁸But I will leave seven thousand in Israel — every knee that has not bowed to Baal and every mouth that has not kissed him.” 1 Kings 19:15-18 (CSB)*

*“**Elijah left there and found Elisha** son of Shaphat as he was plowing. Twelve teams of oxen were in front of him, and he was with the twelfth team. Elijah walked by him and threw his mantle over him.” 1 Kings 19:19 (CSB)*

Five Pathways to Emerge from Your Cave

#1 - Embrace Responsibility

“What we fear doing the most is usually what we most need to do.” - Ralph Waldo Emerson

#2 - Experience Restoration

“Now the mindset of the flesh is death, but *the mindset of the Spirit is life and peace.*” Romans 8:6 (CSB)

¹⁰Now if Christ is in you, the body is dead because of sin, but *the Spirit gives life* because of righteousness.
¹¹And if the Spirit of Him who raised Jesus from the dead lives in you, then He who raised Christ from the dead *will also bring your mortal bodies to life through His Spirit who lives in you.*” Romans 8:10-11 (CSB)

#3 - Accept Redirection

The key to getting out of our caves of desolation is to connect with something more compelling.

Your purpose will pull you out of the cave!

#4 - Engage in Reflection

“There is a person that your soul is waiting for you to become. They will not come by accident. They will only come if you make hard choices.” - Erwin McManus

Don't just go through it, grow through it.

#5 - Cultivate Relationships

**Hope is the thing that drives us forward, even when everything seems to be against us.
That hope is *the gospel.***