

## Out Of The Cave

1 in 5 people are on medication  
1 in 9 people will be in their lifetime

"I have been deprived of peace; I have forgotten what prosperity is. So I say, "My splendor is gone and all that I had hoped from the Lord." I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me."  
[Lamentations 3:17-20]

"We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself."  
[2 Corinthians 1:8]

"Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."  
[1 Kings 19:1-4]

Elijah:

- caused the rain to cease for more than 3 years (1 Kings 17:1)
- parted the Jordan River (2 Kings 2:8)
- brought widow's son back to life (1 Kings 17:22)
- fed by ravens (1 Kings 17:4)
- called fire from heaven to burn an altar drenched in water 3x (1 Kings 18:38)

1. The cave is a common experience. Normalize it.

"I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

[1Kings 19:4]

## 2. The cave can create wrong thinking.

"Depression is the inability to construct a future."

"95% of your emotions are determined by the way you talk to yourself." - Brian Tracy

## 3. The cave can turn wrong thinking into ruminating.

Ruminating allows our feelings to define our lives & dictate our actions

"...he was afraid and he fled."

[1 Kings 19:3]

Ruminating makes us harder on ourselves than we should be

"I have been very zealous for the Lord God Almighty. The Israelites have rejected Your covenant, torn down your altars, and put your prophets to death with the sword..."

[1 Kings 19:10]

Ruminating causes us to exaggerate the negative

"I am the only one left, and now they are trying to kill me too."

[1 Kings 19:10]

"... seven thousand in Israel who have not bowed to Baal."

[1 Kings 19:18]

# SERMON NOTES

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## Big question:

Chew or Choose?

“Finally brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy—think about such things... And the God of peace will be with you.”

[Philippians 4:8-9]

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

[2 Corinthians 10:3-5]

Strongholds: Ochyroma lit. castle or fortress

Stronghold: someone held captive by deception

“Incarceration by rumination”