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OUT OF THE CAVE

LESSON 5 “WE NEED EACH OTHER”

“So Elijah went from there and found Elisha son of Shaphat. He was plowing with twelve yoke of oxen, and he himself was driving the twelfth pair. Elijah went up to him and threw his cloak around him. ²⁰ Elisha then left his oxen and ran after Elijah. “Let me kiss my father and mother goodbye,” he said, “and then I will come with you.” “Go back,” Elijah replied. “What have I done to you?” ²¹ So Elisha left him and went back. He took his yoke of oxen and slaughtered them. He burned the plowing equipment to cook the meat and gave it to the people, and they ate. Then he set out to follow Elijah and became his servant.” 1 Kings 19:19-21 (NIV)

God never intended for us to walk through life alone. We all want to be needed and known. Christ-centered relationships are the final ingredients to get us out of the cave.

Review over the last 4 Lessons:

Lesson #1 Was about the study of understanding that none of us are immune from depression. And even great people like the prophet Elijah and you and me can become depressed.

Lesson #2: Was about some of the causes of depression. Realizing that many times, it's a disease of our lifestyle and, therefore, there are things that we can do to reverse those unhealthy habits.

Lesson #3: Was about the process of coming out of the cave by looking at our physical and emotional health and rebuilding our internal house so that it can withstand the storms that are coming our way.

Lesson #4: Was about the power of dreaming, again. And realizing that one of the greatest ways to overcome depression is to have something bigger than our depression to focus on.

Christ-centered Relationships

1. Elijah learned the lesson of trying to do life and problems alone.

“So Elijah went from there and found Elisha son of Shaphat. He was plowing with twelve yoke of oxen, and he himself was driving the twelfth pair. Elijah went up to him and threw his cloak around him.” 1 Kings 19:19 (NIV)

2. Elijah partnered and mentored a young protégé named Elisha.

3. Elijah threw his cloak on Elisha, which is a sign of a **covenant relationship**.

"There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. "For whom am I toiling," he asked, "and why am I depriving myself of enjoyment?" This too is meaningless—a miserable business! ⁹ Two are better than one, because they have a good return for their labor: ¹⁰ If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. ¹¹ Also, if two lie down together, they will keep warm. But how can one keep warm alone? ¹² Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." Ecclesiastes 4:8-12 (NIV)

4. Our lives are **not shaped by information** but by relationships.

Real life change happens in the context of relationships. Because relationships are what holds our lives together.

"Just as our bodies have many parts and each part has a special function, ⁵ so it is with Christ's body. We are many parts of one body, and we all belong to each other." Romans 12:4-5 (NLT)

The Johari Window

The Johari Window is a tool for exploring different aspects of your life and relationships with others.

There are four quadrants in the Johari Window

1. **Arena**: I know, and you know.

We all have this other part of our lives that's just superficial living. And what happens is it makes us, perhaps, big on the outside, but we're not that big on the inside. The arena level of living is just shallow.

"Everything they do is done for people to see: They make their phylacteries wide and the tassels on their garments long." Matthew 23:5 (NIV)

"Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean." Matthew 23:27 (NIV)

2. **Mask**: I know but you don't know.

There are some things about me you don't know. It's about my secrets. We all have that area of our life that no one knows. But we are not safe if no one knows. (We will always stay as sick as our secrets.)

There are two reasons we wear a mask.

- A. One reason we wear a mask is we did it **before** and it didn't **work**.

You had a bad relationship experience. You have been burned in the past by someone. And you said I'm never going to let that happen again. So now you have put a guard over your heart that's kept you from relationships that you really need.

B. The second reason we wear a mask **is fear**.

It's fear of telling someone about my secrets. And it feels like it's just safer for people not to know.

But here is what **C.S. Lewis says**, *"Friendship is born at the moment when one person says to another, 'What! You too? I thought I was the only one.'*

"Therefore confess your sins to each other and pray for each other so that you may be healed."
James 5:16a (NIV)

3. **Blind spots**: I don't know but you know.

I have something in my life that I can't see, but you can see it. We watch over each other. (Real friends have your back.)

"Faithful are the wounds of a friend, But the kisses of an enemy are deceitful." **Proverbs 27:6 (NKJV)**

We all have an enemy of our soul called the devil and every day he's devising a plan to get us to fail. He's waiting for us to turn our back and attack our blind spot.

"See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. ¹³But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness." **Hebrews 3:12-13 (NIV)**

~**UCLA** did a study and discovered that in order for us to be healthy, fulfilled, and satisfied, we need eight to ten meaningful touches a day. (It can be physical, or a phone call, or a text.)

4. **Potential**: I don't know, and you don't know.

God knows all and he has a system for you to discover your potential. And what is that? Each other. Because we are the body of Christ.

Proverbs 27:17 (NIV) *"As iron sharpens iron, so one person sharpens another."*