

# CROSS CHURCH

SEPTEMBER 26, 2021

**OUT OF THE CAVE  
PART 2: HOW DID  
I GET HERE? (CONT.)**

**JOHN 10:10** *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

**1 KINGS 19:1-4** *Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to 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 Beer-sheba 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."*

## **HOW DID I GET HERE?**

### **1. Comparing ourselves to others.**

**WE FOCUS ON OUR DEFICITS RATHER THAN OUR VALUE.**

**GALATIANS 6:4-5** *Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.*

### **2. Ruminating and self talk.**

**"95% of your emotions are determined by  
how you talk to yourself"**

**—BRIAN TRACY**

**PHILIPPIANS 4:8-9** *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. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

**DON'T CHEW YOUR THOUGHTS;  
CHOOSE YOUR THOUGHTS.**

### **3. Inability to process pain in a healthy way.**

**2 CORINTHIANS 1:4-6** who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer.

### **4. Spiritual warfare.**

**2 CORINTHIANS 10:3-5** 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.

**1 PETER 5:8-9** Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

**EPHESIANS 6:11** Put on the full armor of God, so that you can take your stand against the devil's schemes.

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**What is the Holy Spirit speaking to me today and how can I apply it?**

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#### **VENTURE NIGHT**

**October 15 | 7PM**

Free event at the  
Coteau Campus!

#### **FIRST THURSDAY**

**October 7 | 7PM**

#### **DIVE NIGHT**

**7TH GRADE-  
18 YEARS OLD**

**Join us in the Family  
Ministry Building**

Wednesdays at 7 PM

#### **SATURDAY SERVE DAYS!**

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#### **CROSSWALK CLASSES**

**STARTING ON  
OCTOBER 3**

Sunday at 10:15 AM  
[crosschurchhouma.com  
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#### **NEED HELP?**

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