

NEW YORK TIMES BESTSELLING AUTHOR

CHRIS HODGES

FOREWORD BY RICK WARREN

Out of the Cave

STEPPING INTO THE LIGHT WHEN
DEPRESSION DARKENS WHAT YOU SEE

A PDF COMPANION TO THE AUDIOBOOK

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Stepping into a Needed Recovery

Lifestyle Assessment

The following assessment includes several continuums to help you better understand where you are right now in six categories: diet, sleep, relationships, hobbies, exercise, and rest/reflection. Each continuum uses a one-to-ten scale. Circle the number on the continuum that best describes your response.

DIET

1 2 3 4 5 6 7 8 9 10

My eating habits
consistently
diminish my health.

My eating habits
consistently
enhance my health.

1 2 3 4 5 6 7 8 9 10

I never drink
water throughout
the day.

I always drink
water throughout
the day.

SLEEP

1 2 3 4 5 6 7 8 9 10

I never get enough
sleep each night to
feel rested.

I always get enough
sleep each night to
feel rested.

RELATIONSHIPS

1 2 3 4 5 6 7 8 9 10

I never connect
in life-giving
relationships
with others.

I always connect
in life-giving
relationships
with others.

HOBBIES

1 2 3 4 5 6 7 8 9 10

I never engage
in activities that
rejuvenate me.

I always engage
in activities that
rejuvenate me.

EXERCISE

1 2 3 4 5 6 7 8 9 10

I never engage
in exercise or
activities to keep
my body healthy.

I always engage
in exercise or
activities to keep
my body healthy.

REST AND REFLECTION

1 2 3 4 5 6 7 8 9 10

I never make time
for rest and reflection.

I always make time
for rest and reflection.

Stepping into the Truth of God's Word

Bible Verses for Hope and Comfort When You Are Depressed

Read and pray these verses to remind your soul of the truth of who God is. Because of his character, goodness, and love, you are empowered to step out of your cave.

- “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” (Jeremiah 29:11)

Because God has your best in mind, you can trust him with your future. He has a plan for you, even if your current circumstances make it difficult to see.

- From the end of the earth I will cry to You, when my heart is overwhelmed; Lead me to the rock that is higher than I. (Psalm 61:2 NKJV)

Because God is your Rock, you have a solid, safe place to go when you are overwhelmed. He will steady your heart and mind.

- Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. (Lamentations 3:21–23)

Because God is faithful, you can trust him to carry you through this day. He has new strength and new compassion for you every day.

- 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. (Philippians 4:8–9).

Because Jesus is the Prince of Peace, you have access to peace in this moment. He can help you control your thoughts. Keep your mind set on things that are good, encouraging, beautiful, and true, and rest in the peace of God.

- The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. (Deuteronomy 31:8)

Because God is with you, you are never alone. He will never leave you in your pain. He is right beside you.

- The righteous cry out, and the LORD hears them; he delivers them from all their troubles. (Psalm 34:17)

Because God hears you, you can trust that he knows what you need.

- If your heart is broken, you'll find GOD right there; if you're kicked in the gut, he'll help you catch your breath. (Psalm 34:18 THE MESSAGE)

Because God cares about your pain, he pays attention to you. Cry out to him; he is close and eager to help you.

- I waited patiently for the LORD to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD. (Psalm 40:1–3 NLT)

Because Jesus came for you to have a full life, he will not leave you where you are. He will lift you out of this pit, set your feet on solid ground, steady you, and give you a new reason to praise him. Your testimony from this season of your life will bring God glory!

- Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God—soon I'll be praising again. He puts a smile on my face. He's my God. (Psalm 42:11 THE MESSAGE)

Because God is good, he is worthy of praise! As you focus on who he is and what he has done for you, he will give you joy.

- Cast all your anxiety on him because he cares for you. (1 Peter 5:7)

Because God cares for you, he wants you to give him your problems. Lay your worries and fears at his feet, and trust him to take care of them.

- “I’ve told you all this so that trusting me, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! I’ve conquered the world.” (John 16:33 THE MESSAGE)

Because Jesus has conquered the world, nothing is too difficult for him. There is nothing you face that he has not overcome. He shares that victory with you.

- I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. (Romans 8:38–39 NLT)

Because God's love for you is unfailing, nothing you think or do can make him stop loving you.

- Friends, when life gets really difficult, don't jump to the conclusion that God isn't on the job. Instead, be glad that you are in the very thick of what Christ experienced. This is a spiritual refining process, with glory just around the corner. (1 Peter 4:12–13 THE MESSAGE)

Because Jesus knows how you feel, you have an advocate. He experienced everything you're experiencing. He is working in your life, and he will not let these days be wasted.

- “Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you.” (Isaiah 41:10 THE MESSAGE)

Because God is holding you steady, you do not have to be afraid. He will not let you go.

Let these truths sink into your soul, and let God's goodness and posture toward you give you boldness to step out of your cave.