

**IF YOU CAN'T GO OUTSIDE,
GO SPIRITUALLY INSIDE**

*Pastor Tommy Wilborn
Grace Outreach Family Church
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The Very Presence Of God Is With Us

¹⁵“If you love me, obey my commandments. ¹⁶ And I will ask the Father, and he will give you another Advocate, who will never leave you. ¹⁷ He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn't looking for him and doesn't recognize him. But you know him, because he lives with you now and later will be in you. ¹⁸ No, I will not abandon you as orphans—I will come to you. ¹⁹ Soon the world will no longer see me, but you will see me. Since I live, you also will live.

John 14:15-16 NLT

Our Reaction To Truth Shows What We Are Made Of

¹ I said to myself, “I will watch what I do and not sin in what I say. I will hold my tongue when the ungodly are around me.”
² But as I stood there in silence—not even speaking of good things—the turmoil within me grew worse.

Psalms 39:1-2 NLT

***“Without great solitude, no serious work is possible”
~Pablo Picasso***

***The Pain That You've Been Feeling Can't Compare
To the Joy That Is Coming***

¹⁸ Yet what we suffer now is nothing compared to the glory he will reveal to us later.

Romans 8:18 NLT

There Is Such A Thing As Training Our Spiritual Health

⁷ Do not waste time arguing over godless ideas and old wives' tales.

Instead, train yourself to be godly. ⁸ "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." ⁹ This is a trustworthy saying, and everyone should accept it. ¹⁰ This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers.

1 Timothy 4:7-10 NLT

Resist Spiritual Depression

¹⁴ Yet I curse the day I was born! May no one celebrate the day of my birth. ¹⁵ I curse the messenger who told my father, "Good news—you have a son!" ¹⁶ Let him be destroyed like the cities of old that the LORD overthrew without mercy. Terrify him all day long with battle shouts, ¹⁷ because he did not kill me at birth. Oh, that I had died in my mother's womb, that her body had been my grave! ¹⁸ Why was I ever born? My entire life has been filled with trouble, sorrow, and shame.

Jeremiah 20:14-18 NLT

Let Us Think Of Ways To Motivate One Another

²³ Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. ²⁴ Let us think of ways to motivate one another to acts of love and good works. ²⁵ And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

Hebrews 10:23-25 NLT