

# NOTES

February 9, 2020

## THE DOLDRUMS

### NO WIND

**Doldrum**, a state or period of inactivity, stagnation, or depression.

### CREATING WIND

#### ① \_\_\_\_\_ Your Body

**1 Corinthians 6:19-20** *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore honor God with your bodies.*

#### ② \_\_\_\_\_ Your Mind

**Philippians 4:8-9** *Finally, brothers & 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. <sup>9</sup> 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*

#### ③ \_\_\_\_\_ with Your Spirit

##### **Luke 9:57-62**

**1.** *As they were walking along the road, a man said to him, “I will follow you wherever you go.” <sup>58</sup> Jesus replied, “Foxes have dens and birds have nests, but the Son of Man has no place to lay his head.”*

**2.** *<sup>59</sup> He said to another man, “Follow me.” But he replied, “Lord, first let me go and bury my father.” <sup>60</sup> Jesus said to him, “Let the dead bury their own dead, but you go and proclaim the kingdom of God.”*

**3.** *<sup>61</sup> Still another said, “I will follow you, Lord; but first let me go back and say goodbye to my family.” <sup>62</sup> Jesus replied, “No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.”*

OVER

## A SPRING IN YOUR STEP

\* The \_\_\_\_\_ of God and \_\_\_\_\_ of the Spirit can replace the Doldrums

### A “SMART” WAY TO BEATS THE DOLDRUMS

S \_\_\_\_\_  
M \_\_\_\_\_  
A \_\_\_\_\_  
R \_\_\_\_\_  
T \_\_\_\_\_ - \_\_\_\_\_

All references taken from The New International Version of the Bible unless noted.