

## **Always with You**

### **Ready:**

“Where can I go to escape your Spirit? Where can I flee from your presence? If I go up to heaven, you are there; if I make my bed in Sheol, you are there.” – Psalm 139:7-8

### **Set**

Are you only an athlete or coach when you step onto the field? Does your athletic or coaching ability vanish once you leave the court? Of course, not; you have the same ability, regardless of location. Your skills follow you wherever you go because they are a part of who you are.

Once you have the Holy Spirit within you, there is no single place you can go where the Spirit of the Living God will not be with you. In the Psalm above, David is amazed that no matter what he did in his life, the good and the bad, the Spirit never left him. On days that felt like Heaven, the Spirit was there; on days that represented Hell, the Spirit was present, similarly.

In the Old Testament, the Spirit of God came and went and never stayed with someone other than David for their whole life. Not even Moses had the Spirit of God at all times. After Christ died on the cross for our sins, we were given the Spirit at Pentecost. The Spirit now will never leave us. We will have the Spirit of God with us no matter what happens, our location, attitude or circumstance.

No matter where you are, be comfortable knowing that the Holy Spirit is always with you if you trust God with your life.

### **Go**

- Is it comforting to know that the Spirit of God is always with us?
- What does having the Spirit of God with you mean?

### **Workout**

[Acts 2](#)

[1 Corinthians 6:19](#)

### **Overtime**

“Lord God, thank You for giving us Your Spirit to guide and be with us daily. Let us find comfort in that knowledge and know that You are with us no matter what. Amen.”



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