**Gravity** *(Graphic)*

Part 1: **Overcoming Gravity**

Part 2: **Leaving the Atmosphere**

Part 3: **Staying in Orbit**

You were made to **stay** in orbit, to go at a speed where the things of this world **won't pull you down**.

1. **Rejoice** in the gospel.
2. **Worship** helps keep you in orbit.

Don’t let gravity pull your hands down, **lift your hands in worship**.

1. The **Holy Spirit** keep you powered.
2. Finding a **faithful friend** brings encouragement.
3. Serving, giving, loving.

**Muscle Atrophy**

(Revelation 2:3)

“You have persevered and have endured hardships for my name and have not grown weary.”

(Revelation 2:4-5)

“Yet I hold this against you: You have forsaken the love you had **at first**. Consider how far you have fallen! Repent and **do the things you did at first**…”

1. Atrophy of your **testimony**.

(Revelation 12:11)

“And they overcame by the blood of the Lamb and the word of their **testimony**.”

Your testimony:

Life **before** Christ, how you **came** to Christ, life **after** Christ.

Tell **your** story.

1. Atrophy of your **witness**.

(Mark 16:15)

“He said to them, “**Go** into all the world and **preach** **the gospel** to all creation.”

(Mark 16:20)

“Then the disciples went out and **preached everywhere**, and the Lord worked with them and confirmed his word by the signs that accompanied it.”

(Acts 1:8)

“But you will receive power when the Holy Spirit comes on you; and **you will be my witnesses** in Jerusalem, and in all Judea and Samaria, and **to the ends of the earth**.”

Who are you **actively** reaching?

1. Atrophy of **grace**.

(Luke 6:31-36)

“Do to others as you would have them do unto you. If you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who are good to you, what credit is that to you? Even sinners do that. And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because **he is kind to the ungrateful and wicked**. Be merciful, **just as your Father is mercifu**l.”

1. Atrophy that leads to **spiritual pride**.

(Matthew 7:1-5)

“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.”

(Matthew 7:1-5 The Message Bible)

*"Don't pick on people, jump on their failures, criticize their faults - unless, of course, you want the same treatment. That critical spirit has a way of boomeranging. It's easy to see a smudge on your neighbor's face and be oblivious to the ugly sneer on your own. Do you have the nerve to say, 'Let me wash your face for you,' when your own face is distorted by contempt? It's this whole traveling road-show mentality all over again, playing a holier-than-thou part instead of just living your part. Wipe that ugly sneer off your own face, and you might be fit to offer a washcloth to your neighbor.”*

Muscle atrophy can be **reversed** with **exercise**.