



Avoid Loneliness

"It's gotta be more than this." - Tom Brady

Matthew 26:36-38: Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

Matthew 26:36: Then Jesus went with his disciples to a place called Gethsemane...

Matthew 26:37: He took Peter and the two sons of Zebedee along with him...

Prioritize Quality over Quantity.

Matthew 26:39: Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

Luke 5:16: But Jesus often withdrew to lonely places and prayed.

Even when you're lonely you're never alone.

"Since I have always been a strong believer in God, I knew that He was with me, and only he could get me through that next step." – Rosa Parks

Matthew 28:20: "And surely I am with you always, to the very end of the age."