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Topic:
DEFEATING
LONELINESS
- Pastor Alton Trimble

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WEDNESDAY, NOVEMBER 18, 2020

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WWW.GLORYCHRISTIAN.ORG
PHONE: (310) 538-9185
TEXT: (310) 589-4046
EMAIL: FELLOWSHIP@GLORYCHRISTIAN.ORG
225D WEST TORRANCE BLVD.,
CARSON, CA 90745
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Thanksgiving Food Blessing

**SIGN UP
TO RECEIVE A
COMPLETE
THANKSGIVING
BASKET**

Email: fellowship@glorychristian.org
Subject: Thanksgiving Food Blessing
OR Text "**FOOD**" to (310) 589-4046

All Baskets will be distributed on
Saturday, November 21st (9am-11am)

Thanksgiving Sunday Service

SUNDAY

NOVEMBER 22ND

9:30AM

**Praise & Worship,
Dance Ministry
& A Timely Word!**

**INVITE YOUR
FRIENDS & FAMILY
TO JOIN US ONLINE!**

WWW.GLORYCHRISTIAN.ORG/LIVESTREAM



SEARCH: GLORY CHRISTIAN FELLOWSHIP INTERNATIONAL

DEPRESSION SUPPORT GROUP

Every Wednesday | 6pm

Providing emotional support
and tools for those
experiencing depression.

You're not alone!!

Connect via Zoom
Video Conference
Text "Group" to
(310) 589-4046 for the link!

Grief Support Group

Providing emotional support and tools for
grief including loss of job, loss of relationships,
loss of a loved one and various other losses.
You are not alone!



Every Thursday
6pm

Connect via Zoom Video Conference
Text "Group" to (310) 589-4046 for the link!

Giving is an act of WORSHIP!

Website:

www.glorychristian.org

**Click
on the
GIVE button!**

Zelle Quickpay!

**Use our email:
fellowship
@
glorychristian.org**

Mail:

**Glory Christian
Fellowship
International
225D West Torrance Blvd.
Carson, CA 90745
Write check to: GCFI**

**GCFI App
Click on
"GIVE"**

**Text "GIVE" to
(310) 589-4046
Click on the
link you will
receive!**

November is the month of Thanksgiving!
Be mindful of over indulgence and eat whole foods
with no artificial additives. Continue to eat foods that
promote good health and well-being.





I can do everything through Christ, who gives me strength.
~ Philippians 4:13 (NLT)

GCFI'S SPIRITUAL SUPPORT GROUP (VIRTUAL) MONDAYS 6:30PM

SUPPORT BUILT ON THE WORD OF GOD!

Text 'SUPPORT' to (310) 589-4046 for the meeting link!

Preschool
(3 yrs - K)



GLORY
CHRISTIAN FELLOWSHIP
INTERNATIONAL

Children's Ministry
is Online!

Connect with us
on Zoom!



Elementary
(1st - 5th)

Preschool - Elementary Class
(3yrs - 3rd Grade)
Sunday - 1:00pm
Tuesday - 6:30pm

Elementary Class
(4th - 5th Grade)
Sunday - 2:00pm
Wednesday - 6:30pm

www.gcfikids.org

MORE THAN CONQUERORS

RECOVERY FROM ADDICTION MINISTRY
12-STEP STUDY PROGRAM
GAL 5:1 (NKJV)

CONNECT WITH US VIA ZOOM!
TEXT "MTC" TO (310) 589-4046
FOR THE MEETING LINK.



GLORY
CHRISTIAN FELLOWSHIP
INTERNATIONAL

MONDAYS 6PM

Wednesdays @ 7:30pm

Middle
School



High School

Text "GCFIY" to (310) 589-4046 for the meeting link

Young Adult Ministry
is Online!

Wednesdays
@ 6:00 pm



Text "GCFIYAM" to (310) 589-4046 for the meeting link

GLORY
CHRISTIAN FELLOWSHIP
INTERNATIONAL

Corporate Prayer via Zoom

Connect with us weekly via Zoom
for intercessory prayer on the following days:

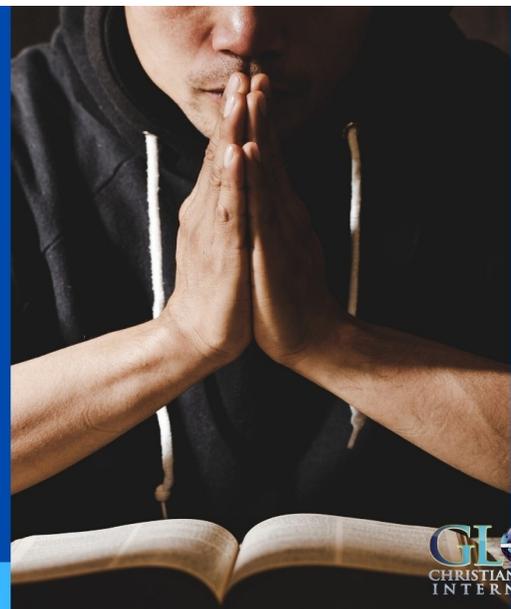
Monday | 7:00pm

Tuesday | 12:00pm & 7:00pm

Thursday | 7:00pm

Friday | 7:00pm

Text the word "prayer" to 310-589-4046
for the Zoom link!



GLORY
CHRISTIAN FELLOWSHIP
INTERNATIONAL

Call in # (669) 900-9128 | Meeting ID: 884 7344 2183

NO Bible Study Wednesday, November 25th!

VISIT OUR YOUTUBE CHANNEL
TO VIEW PREVIOUS SERVICES!

See you on
Sunday, November 29th
at 9:30am



 <http://www.youtube.com/c/glorychristianfellowshipinternational>

You are invited to...

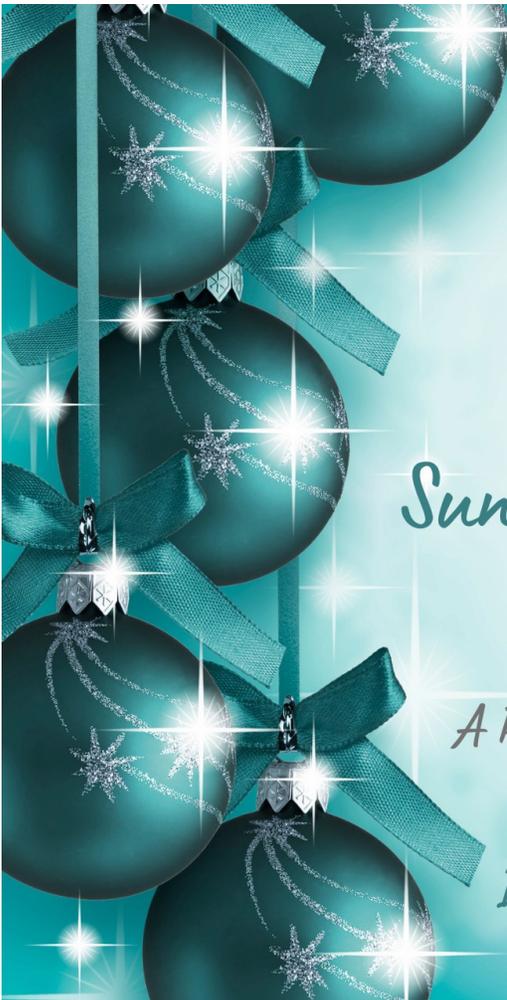
Christmas

at GCFI Online!

Sunday, December 20th @ 9:30am

*Dance Ministry, Music Ministry,
A Powerful Message from Pastor Trimble and more!*

Invite your friends and family to join us online!



Bible Declaration

This is my Bible

It is the word of my God

I am what it says I am

I can do what it says that I can do

**I will have everything that the Word of God says that I can
have**

Tonight I will hear the Word

It will transform my heart

It will renew my mind

It's being done by the ever-living,

Always loving, incorruptible

Indestructible, infallible

And inerrant Word of my God

So Word of God, live big in my today

And every day

In Jesus Name

Amen!



TOPIC: DEFEATING LONELINESS – PASTOR ALTON TRIMBLE
Bible Study & Life Groups: Wednesday, November 18, 2020

Genesis 2:18 (NCV) *“It’s not good for man to be alone.”*

Four primary causes of loneliness:

- a. Changes we encounter in life.
- b. Disconnection from the people we love and the God who *“so loved”* us can cause loneliness.
- c. Defensiveness resulting from wearing the jacket of terminal uniqueness will squeeze you into the corner of isolation.
- d. Exclusion targeting can be the trigger for loneliness.

How we respond to loneliness is critical to how we fair during seasons of loneliness.

Four things for consideration:

1. Take advantage of the time you have by using it well.

2 Timothy 4:13 (NLT)

When you come, be sure to bring the coat I left with Carpus at Troas. Also bring my books, and especially my papers.

- a. Find Opportunity in problems.
- b. Capitalize on time gaps presented by whatever challenges you.

Ecclesiastes 3:1-8 (ESV)

For everything there is a season, and a time for every matter under heaven: ²a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; ³a time to kill, and a time to heal; a time to break down, and a time to build up; ⁴a time to weep, and a time to laugh; a time to mourn, and a time to dance; ⁵a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; ⁶a time to seek, and a time to lose; a time to keep, and a time to cast away; ⁷a time to tear, and a time to sew; a time to keep silence, and a time to speak; ⁸a time to love, and a time to hate; a time for war, and a time for peace.

Ephesians 5:6 (ESV)

Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

JOHN 17:4 (ESV)

I glorified you on earth, having accomplished the work that you gave me to do.

2. Measure your pain against your God.

2 Timothy 4:16 (ESV)

At my first defense no one came to stand by me, but all deserted me. May it not be charged against them!

- a. Your thought life is a vehicle that is taking you somewhere.

Proverbs 23:7 (NKJV)

For as he thinks in his heart, so is he. "Eat and drink!" he says to you, but his heart is not with you.

- b. Don't magnify your problem magnify your God.

Philippians 4:13 (ESV)

I can do all things through him who strengthens me.

Psalms 46:1 (ESV)

God is our refuge and strength, a very present help in trouble.

Isaiah 41:10 (NLT)

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

Romans 8:28 (NLT)

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

1 Corinthians 10:13 (ESV)

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

3. Practice the presence of God.

2 Timothy 4:17a (NLT)

But the Lord stood with me...

- a. Abandoned but not alone.

Matthew 28:20c-d (NLT)

...I am with you always, even to the end of the age.

Psalms 16:11 (ESV)

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Exodus 33:14 (ESV)

And he said, "My presence will go with you, and I will give you rest."

Psalms 73:28 (ESV)

But for me it is good to be near God; I have made the Lord God my refuge, that I may tell of all your works.

- b. Our feelings are not a measurement of God's proximity.

James 4:8 (NLT)

Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

- c. Prayer is the great antidote to loneliness.

1 Thessalonians 5:16-18 (ESV)

Rejoice always, ¹⁷pray without ceasing, ¹⁸give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

4. Turn your attention from you to others.

2 Timothy 4:27 (ESV)

But the Lord stood by me and strengthened me, so that through me the message might be fully proclaimed and all the Gentiles might hear it. So I was rescued from the lion's mouth.

- a. Our feelings are decision we are making.

1 Samuel 30:4-7 (MSG)

⁴⁻⁶ David and his men burst out in loud wails—wept and wept until they were exhausted with weeping. David's two wives, Ahinoam of Jezreel and Abigail widow of Nabal of Carmel, had been taken prisoner along with the rest. And suddenly David was in even worse trouble. There was talk among the men, bitter over the loss of their families, of stoning him. ⁶⁻⁷ David strengthened himself with trust in his God. He ordered Abiathar the priest, son of Ahimelech, "Bring me the Ephod so I can consult God." Abiathar brought it to David.

- b. Self absorption often leads to loneliness.
- c. Fear of being loved or letting people in is often foundational to loneliness.
- d. Turn your walls into bridges.

DISCUSSION QUESTIONS

1. What enabled Paul to manage loneliness in the way he did?
 - Please discuss with specific examples.
2. How have you managed your seasons of loneliness in times past.
 - Please discuss using good and not do good ways you've managed this issue.
3. Which of the four strategies Paul gave us in 2 Timothy for managing loneliness, do you need to prioritize and implement most in your life?
 - Please discuss
 - How would you rank the remainder in order of importance to you? ie 3-4
4. Who has God placed in your sphere of influence that could benefit from your assistance in some way.
 - Please discuss and what ever you decide practice Covid safety.
5. What can you do to become a better friend?