

“HOW JESUS REVITALIZES LIFE”
(“Running on Empty”)

Introduction:

- The reference point for peoples' clocks and calendar is _____ !
- After Jesus was crucified the disciples were _____ !

John 20: 19-23 (NIV) “¹⁹On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!" ²⁰After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. ²¹Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." ²²And with that he breathed on them and said, "Receive the Holy Spirit. ²³If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."

**FOUR THINGS JESUS DID TO REVITALIZE HIS DISCIPLES
AND WANTS TO DO FOR US, WHEN YOU ARE RUNNING ON EMPTY:**

1. JESUS MEETS YOU _____ !

John 20: 19a(TEV) “It was late Sunday evening and the disciples were gathered together behind locked doors, because they were afraid of the authorities. Then Jesus came and stood among them...”

- Jesus takes the _____.
- Vince Lombardi said, “Fatigue makes _____.”
- Behind locked doors: locks _____ out. Locks ___ in!

2. JESUS GIVES YOU _____ !

John 20: 19b (TEV) “Then Jesus said, ‘Peace be with you.’”

- When you are running on empty, Jesus _____.
- The hallmark of running on empty is _____.

Philippians 4:6-7 (NCV) “Do not worry about anything, but pray and ask God for everything you need, always giving thanks. And God's peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus.”

- Two alternatives in life
 1. You can W_____ or you can W_____.
 2. You can P_____ or you can P_____.

3. JESUS SHOWS YOU _____ !

John 20:20 (NLT) “As He spoke, He held out His hands for them to see, and He showed them His side. They were filled with joy when they saw their Lord!”

- Jesus is doing two things.
 1. He validates His _____.
 2. He showed how much _____.
- Jesus would rather die _____ you, than live _____ you.

Romans 5:8 (NLT) "God showed His great love for us by sending Christ to die for us while we were still sinners."

4. JESUS OFFERS YOU _____.

John 20:23 (The Message) "If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them?"

- Two things cause you to run out of energy
 1. _____
 2. _____
- When I hurt you, I feel _____.
- When you hurt me, I feel _____.
- You let go of both only one way: _____.

IN CONCLUSION: When you are running on empty Jesus wants to give you a new reason to live.

John 20:21 (NCV) "Then Jesus said again, 'Peace be with you! As the Father sent Me, I now send you.'"

- Results: a takeover of the _____.
- Number today claiming to follow Jesus _____.

Philippians 2:15 (The Message) "Go out into the world uncorrupted, like a breath of fresh air in a squalid and polluted society. Provide people with a glimpse of good living and of the living God. Carry the light-giving Message into the night. You must shine among them like stars lighting up the sky."