

## **“STOPPING TO REFUEL”** (Running on Empty)

### **Introduction:**

Ephesians 3:19 (NLT) “... You will be filled with the fullness of life and power that comes from God.”

- “Filled” in the Greek means a continuous \_\_\_\_\_.
- My emptiness affects me \_\_\_\_\_.

### **THREE REASONS WHY I NEED TO BE REFUELED**

#### **1. EMPTINESS IS NOT \_\_\_\_\_ FOR ME.**

Jeremiah 6:16 (NIV) “This is what the Lord says: ‘Stand at the crossroads and look; ask for the ancient paths; ask where the good way is, and walk in it; and you will find rest for your souls.’”

- Busyness has a \_\_\_\_\_.

#### **2. MY SOUL \_\_\_\_\_ TO BE FILLED**

Matthew 16:26 (NLT) “And how do you benefit if you gain the whole world but lose your own soul in the process? Is anything worth more than your soul?”

- Most people don't even know they have a \_\_\_\_\_.
- We are not \_\_\_\_\_ beings having a temporary \_\_\_\_\_ experience.
- We are \_\_\_\_\_ beings (soul) having a temporary \_\_\_\_\_ experience.

#### **3. MY SOUL REFUELING IS AN \_\_\_\_\_ IN ETERNITY**

II Corinthians 5:6-7 (NIV) “Therefore we are always confident and know that as long as we are at home in the body we are away from the Lord. We live by faith, not by sight.”

- In the Bible your body is described as a \_\_\_\_\_.
- Refueling the soul is preparation for your \_\_\_\_\_.
- Excuses come from \_\_\_\_\_.

### **THREE STEPS FOR REFUELING YOUR SOUL**

1. EVERY DAY YOU HAVE GOT TO \_\_\_\_\_.

2. THEN YOU BE \_\_\_\_\_.

I Kings 19:11-12 (NLT) <sup>11</sup> “Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. <sup>12</sup> And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper.”

- We are slaves to \_\_\_\_\_.
- Monks take a vow of \_\_\_\_\_.
- Only in silence can we hear the \_\_\_\_\_ of God and the \_\_\_\_\_ of others.

3. THEN YOU MAKE A \_\_\_\_\_

Matthew 11:28, 29b (NIV) “Come to Me, all of you who are weary and burdened, and I will give your rest...and you will find rest for your souls.”

### **SUGGESTIONS ONLY:**

1. Choose a passage of scripture and repeat it until you memorize it.
2. Read one Psalm a day and pray it back to God
3. Read one chapter of Proverbs each day for 31 days. Write down Key Thoughts in a note book.
4. Read through a book of the Bible and note your favorite verses.
5. Read a Daily Devotional Book: Some are “quick snacks”: others are “full course meals”.
6. Read and reflect on a good Christian book: “Purpose Driven Life”, “Mere Christianity” by C.S. Lewis: “Running On Empty” by Fil Anderson; “The Shack”; etc