

RUNNING ON EMPTY

So what about the empty tomb?
Scott Hansen, Lead Pastor – Easter, 2013

Luke 24:1-8 - *On the first day of the week, very early in the morning...*

RUNNING ON EMPTY – MESSAGE SERIES

- April 7 • Symptoms When the Needle is on “E”
- April 14 • Dealing with Unmet Expectations
- April 21 • Learning How to Refill the Tank
- April 28 • The Power of “No” – Establishing Healthy Boundaries

FINDING THE RIGHT ENERGY SOURCE

PRINCIPLE #1: One of the secrets to life is figuring out what tank needs filling.

- ▶ St. Augustine – *Our heart is restless until it rests in You.*

A. DISTINGUISHING BETWEEN OUR DIFFERENT HUNGERS

- ① Physical
- ② Emotional
- ③ Spiritual

- ▶ Matthew 5:6 - *Blessed are those who hunger and thirst for righteousness for they will be satisfied.*

PRINCIPLE #2: If you misdiagnose the problem, you will probably prescribe the wrong medicine to fix it.

B. IMAGE MANAGEMENT

- ▶ Maintaining your public persona... often at the cost of your inner person (and soul hunger)
- ▶ Jeremiah 45:3 - *I am weary with my groaning and have found no rest.*

GOOD FRIDAY BAPTISM – PLUGGING INTO RESURRECTION POWER

PRINCIPLE #3: Your soul will only find rest & power for living in Christ.

- ▶ Ephesians 3:14-19; Colossians 1:13
- ▶ Colossians 2:10 - *In Christ you have been brought to fullness.*

EASTER - YOUR EMPTY + HIS EMPTY = SPIRITUAL FULL

PLUGGING INTO THE RIGHT ENERGY SOURCE

- ▶ Matthew 11:28-30 – *Come to me, all of you who are weary and burdened, I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*



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Lesson Aim: To discuss how Jesus came to satisfy our deepest hungers and meet our deepest needs.

Prayer: Ask the Holy Spirit to lead your personal study time and/or discussion.

Icebreaker: What are some ways you normally celebrate Easter? How about this year?

1. Understanding Who Jesus is and what He has done for us is the essential message of Easter. The following passages all contain statements that Jesus made about Himself. For each one, identify what He says about Himself and any ways you can think of for how His description of Himself can have an impact on our lives as believers.

John 6:35

John 8:12

John 10:14-15

John 11:25-26

2. Which of the descriptions Jesus uses for Himself (in the above verses) is most encouraging to you? Why?
3. **READ Luke 24:1-8.** Given what these women had experienced over the last few days (cf. Luke 19:37; 23:26-29),

what do you think they were feeling as they went to the tomb? When they found it empty? When the two men gleaming like lightning spoke to them?

4. Why do you think the Eleven didn't believe the women at first? What might have been going through Peter's mind (vs.12)?
5. Christ's resurrection is foundational to the Christian faith because it is the proof that Christ is Who he claimed to be (the Messiah); but it has other ramifications on our faith. What importance do the following passages place on Christ's death and resurrection for us as we follow Him?

Romans 5:6-8

Romans 6:5-7

Philippians 3:7-10

6. In Sunday's message, Pastor Scott made the statement that we need to plug "into the right energy source." **READ Matthew 11:28-30.** What do you notice about Jesus' words as they relate to this principle?
7. Since a yoke unites two animals in common work, what does this imply about our relationship with Jesus? How can taking up Jesus' way lead to rest?
8. In your life specifically, what are some spiritual habits or practices that you have found helpful to come to Jesus, take up His yoke, learn from Him and rest in Him?

Close in prayer as the Lord leads you.

This **LifeGroup** Study Guide is designed to help you apply Sunday's message. You can do this homework on your own; however we encourage you to check out our warm and friendly message-based **LifeGroups!** Get a copy of this Study Guide at theBridgeFresno.com by clicking on the "Messages" link.