

RUNNING ON EMPTY

Learning How to Refill the Tank
Scott Hansen, Lead Pastor – April 21, 2013

INTRODUCTION

► I would like to be described by others as a person who is full of

GENERAL FILLING

LESSON #1: You have to feed on God's Word to be filled spiritually.

- Isaiah 40:6-8, 12-15, 17, 25-26
- Matthew 4:4 (Deuteronomy 8:3); Hebrews 4:12-13; Matthew 24:35; 2 Timothy 3:16-17

LESSON #2: You have to seek God's presence to be energized spiritually.

- Isaiah 40:10-11, 28-31
- Exodus 34:29-35

SPECIFIC FILLING

LESSON #3: Know what (uniquely) fills & drains your tank.

- Who am I with?
- What am I doing?
- Where am I doing this?

Isaiah 40:28-31 - *Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*



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Lesson Aim: To learn how to regularly seek “spiritual refills” from God as well as people, activities & places that energize you.

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

Icebreaker: Name a person, place or activity that really charges up your internal batteries.

1. Pastor Scott made the point Sunday that “you have to feed on God’s Word to be filled spiritually.” What is one way you have benefited from God’s Word over the last week?
2. **READ Isaiah 40:12-26.** What is the intended effect of all these rhetorical questions?
3. How do the works of our hands compare with those of God?
4. When do the works of our hands become idols? How can this contribute to “draining our tanks”?
5. What “idols” of this world seem particularly powerful to you? How much do you depend on them?

6. Another key principle from Sunday’s teaching was that “you have to seek God’s presence to be energized spiritually.” Practically speaking, what are some ways we can turn away from idols and turn more towards God to “fill our tanks”?
7. **READ John 10:9-10.** What stands out to you in the contrast between what Jesus wants for us and what the thief (Satan and the forces of evil) want for us?
8. Part of what is needed to live the abundant life Jesus talks about in John 10:10 is to grow in our understanding and application of key lesson #3 from Sunday’s teaching: “know what fills and drains your tank.” What are some things that tend to drain your tank?
9. What are some things that tend to fill your tank?
10. What are some things you can do over the next several weeks to help ensure you are keeping your tank full?

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.