

5. START EVERY DAY BY _____ MY TANK.

"Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace." **Matthew 6:6 (MSG)**

6. STAY CONNECTED TO MY _____ FAMILY.

"Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more, since you see that the Day of the Lord is coming nearer." **Hebrews 10:25 (GNB)**

MY NEXT STEPS TODAY:

- I will memorize **Matthew 11:28-30 (CEV)**
- I will accept Christ for the first time
- I will join the New Life church family
- I will sign up for the next baptism
- I will sign up for the next membership classes
- I will take time to let God fill me
- I will sign up for Growth Group Leader Training

I WILL TRUST GOD WITH _____.

**Join us next week as we continue our
new sermon series:**

Overloaded Part 5
Managing My Life for Success

KEEPING YOUR TANK FILLED INSTEAD OF RUNNING ON EMPTY

Overloaded: From Burnout to Balance

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10 REASONS YOU RUN OUT OF GAS

All are parallels to your life

1. NOT STARTING OUT WITH A _____ TANK.
2. BEING TOO BUSY TO PAUSE AND _____.
3. UNAWARE OF HIDDEN _____ THAT ARE DRAINING ME.
4. IGNORING THE OWNER'S MANUAL AND PUSHING MY CAR _____ THAN IT WAS CREATED TO GO.
5. _____ - THE FASTER I DRIVE, THE FASTER I RUN OUT OF GAS.
6. BEING _____ AND NOT WATCHING MY GAUGES. (or not believing them!)
7. BEING _____. (The more I carry, the sooner I run out of gas. Lying to myself: "I can handle this!")
8. PRESSURE TO DO IT _____ - RAPID ACCELERATION WASTES GAS.
9. _____: THINKING THE LIMITS OF MY TANK DON'T APPLY TO ME.
10. NO _____: NOT ALLOWING FOR TIME TO FILL UP.

HOW TO KEEP YOUR TANK FILLED

MEMORY VERSE: *"If you are tired from carrying heavy burdens, come to me and I will give you rest. Take the yoke I give you. Put it on your shoulders and learn from me. I am gentle and humble, and you will find rest. This yoke is easy to bear, and this burden is light."* **Matthew 11:28–30 (CEV)**

1. GET _____! (WITH HOW I'VE BEEN LIVING)
"IF YOU ARE TIRED from carrying heavy burdens..." **Matthew 11:28a**

2. _____ TO JESUS.
"COME to me and I will give you rest." **Matthew 11:28b**

"He gives power to the weak and strength to the powerless."
Isaiah 40:29 (NLT)

"But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." **Isaiah 40:31 (NLT)**

3. GIVE UP _____.
"TAKE my yoke upon you..." **Matthew 11:29a**

- **THE PURPOSE OF A "YOKE" IS TO SHARE & LIGHTEN THE LOAD**

"For my yoke is easy, and my burden is light."
Matthew 11:30 (NLT)

"For my yoke fits perfectly." **(LB)**

"Pile your troubles on God's shoulders. He'll carry your load and help you out." **Psalms 55:22 (MSG)**

- **WHEN I'M "YOKED" WITH JESUS, WE MOVE TOGETHER IN THE SAME DIRECTION AND THE SAME PACE**

"Since we live by the Spirit, let us keep in step with the Spirit."

Galatians 5:25 (NIV)

"We've finally figured it out. Our lives get in step with God and all others by letting him set the pace, not by proudly or anxiously trying to run the parade." **Romans 3:28 (MSG)**

4. LEARN TO _____ GOD.
"...LEARN from me; for I am gentle and humble in heart, and you will find rest for your souls." **Matthew 11:29b**

Gentle & Humble Antidotes to 2 Causes of Stress

Aggression: We don't wait, pause, or consider

Arrogance: We try to control everything

"Order my steps in thy word: And let not any iniquity have dominion over me." **Psalms 119:133 (KJV 1900)**

"Since the Lord is directing our steps, why try to understand everything that happens along the way?" **Proverbs 20:24 (LB)**

"For I am overwhelmed and desperate, and you alone know which way I ought to turn to miss the traps my enemies have set for me."
Psalms 142:3 (LB)