

6. STAY _____ TO MY SPIRITUAL FAMILY.

"Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more..."

Hebrews 10:25 (GN)

MEMORY VERSE:

"When I pray, you answer and encourage me by giving me the strength I need." Psalm 138:3 (LB)

MY NEXT STEP TODAY IS:

- I will memorize **Psalm 138:3 (LB)**
- 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 do the 5 habits of keeping my tank filled

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new sermon series:
Jesus' Secrets to Resilience

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What to Do When You're Emotionally Worn Out

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Part 4 of 5, pastor@newlifeestl.com

10 REASONS WE RUN OUT OF GAS

1. NOT STARTING OUT WITH A _____ TANK
2. BEING _____ TO STOP AND REFUEL
3. IGNORING THE OWNER'S _____ AND PUSHING MY CAR FARTHER THAN IT WAS CREATED TO GO
4. BEING UNAWARE OF HIDDEN _____ THAT ARE DRAINING ME
5. BEING IN A _____
6. NOT PAYING ATTENTION TO MY _____
7. BEING _____
8. ASSUMING THE _____ OF MY TANK DON'T APPLY TO ME
9. NOT KNOWING WHERE TO FIND A _____ STATION
10. NOT KNOWING HOW TO _____ MY TANK

HOW TO KEEP YOUR TANK FILLED

Jesus said, "If you're TIRED from carrying heavy burdens COME to me and I will give you rest. TAKE my yoke upon you, then LEARN from me, for I am gentle and humble in spirit, and you will find rest for your soul. For the yoke I share with you is EASY to wear and it makes the load is LIGHT." **Matthew 11:28, 30 (CEV)**

1. GET TIRED OF FEELING _____.

SOLOMON: "The Lord gave us a mind and conscience so we cannot hide from ourselves... But sometimes it takes a painful experience to make us change our ways!" **Proverbs 20:27, 30 (GN)**

LOST SON: "...he wasted everything he'd been given on foolish living until he was broke, miserable, and starving. He had to get a job feeding pigs and he became so hungry that he was willing to eat the pig's food. But finally, he came to his senses and he said to himself, Why am I living like this? At my father's home, even the hired servants eat better than I do! So he decided to get up and go home to his father." **Luke 15:14-20 (NIV)**

2. COME TO _____!

Jesus said, "If you're tired from carrying heavy burdens COME TO ME and I will give you REST!" **Matthew 11:28 (CEV)**

"He gives power to those who are tired and worn out; he offers strength to the weak..." **Isaiah 40:29 (NLT)**

3. GIVE UP _____!

"TAKE my yoke upon you..." **Matthew 11:29a (CEV)**

THE PURPOSE OF A "YOKE" IS TO LIGHTEN THE LOAD BY

_____!

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

"For my yoke fits perfectly." **Matthew 11:30 (NLT)**

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

- When you are "YOKED" with Jesus, you move together in the same direction and the same pace!

"...let us keep in step with the Spirit." **Galatians 5:25**

"Our lives get in step with God by letting him set the pace." **Romans 3:28 (MSG)**

4. _____ TO TRUST.

"...LEARN from me; for I am gentle and humble in heart, and you will find rest for your souls." **Matthew 11:29b (CEV)**

GENTLE & HUMBLE ANTIDOTES TO 2 CAUSES OF STRESS

- Aggression: We don't wait, pause, or consider
- Arrogance: We try to control everything

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

"When I am ready to give up, he knows what I should do." **Psalms 142:3 (GN)**

5. START EVERY DAY BY _____ MY TANK.

"Find a quiet, secluded place so you won't be tempted to roleplay 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)**