

Message Notes

STOPPING TO REFUEL

When You're Running on Empty Part 6

"... you will be filled with the fullness of life and power that comes from God." Ephesians 3:19b (NLT)

I NEED TO REFUEL BECAUSE...

Something must change... _____ isn't working for me.

"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.'"
Jeremiah 6:16 (NIV)

I have a soul that wants to be _____.

"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?"
Matthew 16:26 (NLT)

My soul-filling is an _____ in eternity.

*"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."
2 Corinthians 5:6-7 (NIV)*

EVERYDAY I NEED TO...



When?

Where?

What?

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



1. To access ideas to better help you with your own connections read the attached page and read it carefully and try and incorporate these into your life. Also you can go to

www.saddlebackfamily.com/quiettime

www.gospellighthouseministries.piczo.com

2. To study Jesus' alone time see; Matthew 14:23; 26:36-39, Mark 1:35, Luke 4:42, 5:16, 6:12

Quiet Time Tips

In every activity, every place, every experience, every moment of our daily lives, there is an equal opportunity and potential to connect with God. Finding God, is not confined solely to special activities or special events or even things that we consider “spiritual.” It’s not enough to just think about God, to consider Him intellect or emotion. Instead we must pursue Him with a childlike wonder to get to KNOW HIM. When we encounter God like this, even the most ordinary details of our life become holy moments. Invite, seek, open, listen, live, become.

Important: However, there are times when spending special time intentionally focusing on how we relate to God can really help our every day relationship with God. **These ideas listed below are simply means to an end, not an end in themselves.** These ideas are here for you to experience and know God; they aren’t intended to be another “spiritual check list.” **We don’t live for these spiritual exercises, instead they help us to live, live the abundant life and be filled-up and refueled for living God’s ways.**

STOP—BE QUIET—MAKE A CONNECTION

Some suggestions:

1. Choose a passage of Scripture and repeat it until you memorize it.
2. Read one Psalm a day. Pray the Psalm back to God.
3. If you’ve never read the Bible begin with the Gospel of Matthew
4. Read one chapter of Proverbs a day for 31 days.
5. When you read the Gospels, imagine yourself as one of the people in the story; record how you would feel and respond.
6. Begin a journal page with, “Yesterday, I... “ Then list everything you did yesterday (the places you went, the people you talked to, and the things you did) and see if God was trying to get your attention for anything.
7. Begin by making a list of things you are thankful for.

8. As you read your Bible write down favorite verses on index cards; keep these cards in a place where you’ll see them often.
9. Get a notebook and copy an entire book of the Bible by hand.
10. Use Psalm 23 or 139 as a prayer.
11. Write your prayers in a journal.
12. Pray for a friend’s salvation for one minute every day for 30 days.
13. Use a world map and pray for the people of a different country for one minute every day.
14. Write out a letter of confession to God
15. Make a list from A to Z of things that you are thankful for
16. Rewrite passages from the Bible in your own words
17. Study the Bible with a Commentary and/or Bible Dictionary
18. Read a Daily Devotional Book: Some devotionals are what I would call a “quick snack” and others are “full course meal.” Here are some suggestions:

My Utmost for His Highest, Oswald Chambers
Daily Light For Every Day, Anne Graham Lotz
Grace For the Moment, Max Lucado
Praise in the Presence of God, Jack Hayford
Streams In the Desert, L.B.Cowman
One Minute Bible, Doug Fields
Celebration of Discipline, Richard Foster
Moments with the Savior, Ken Gire

20. Read and reflect on a good Christian book:
The Pursuit of God, A.W. Tozer
Mere Christianity, C.S. Lewis
The Way of a Worshiper, Buddy Owens
Spiritual Disciplines for the Christian Life, Donald Whitney
Abiding in Christ, Andrew Murray
Purpose Driven Life, Rick Warren
Practicing the Presence of God, Brother Lawrence
The Rest of God, Mark Buchanan
Ragamuffin Gospel, Brennan Manning
Seizing Your Divine Moment, Erwin McManus
Fresh Wind, Fresh Fire, Jim Cymbala
The Life You’ve Always Wanted, John Ortberg
Screwtape Letters, C.S. Lewis
The Call, Os Guinness