



Running on Empty

DATE: 11-22-2020

START

There are times in our life where we just feel exhausted. Not just physically tired, but mentally and spiritually exhausted. Exhausted from the stress and anxiety, overworked, sleepless, decisions, and from the pressures of life that have just continued to pile on top of us.

- Have you experienced exhaustion? Are you exhausted now?
- How have you tried to manage your exhaustion?
- How have your attempts to manage exhaustion work out for you?

READ

[Matthew 11:28-30 \(NLT\)](#)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

THINK

Jesus calls us to come to him. This important invitation that Jesus extends to us is for anyone who is weary and feeling alone. For anyone who is crushed by the expectations to find freedom and purpose through their own means.

- What does Jesus' invitation mean to you?
- What heavy burden are you carrying?
- What can we learn from Jesus to find rest for our souls?

Jesus extends an invitation to come to him and then he extends a challenge to take his yoke. To take his teachings and way of life upon us so that we might find rest and walk through life connected to Jesus. The result being peace, purpose, and power in our lives.

- What do you need to shed off to take up Jesus' yoke?
- How does being connected to Jesus bring purpose into our lives?
- What power do we receive by being connected to Jesus?

PRAY

"God I there are times where I am exhausted from my own pursuits of purpose and salvation. Help me come to your and take your yoke upon me so that I might find rest."

ACT

This week take time to rest with Jesus. Coming into the holidays can be a hectic time, and many of us might have had plans disrupted. Take time to sit and ask God to come to bring you rest.

[Discover Hope](#) | [Next Step](#) | [Whats Up](#)



ONE CHURCH. RIGHT WHERE YOU ARE.