

WHEN YOU'RE RUNNING ON EMPTY

"Feeling Helpless In A Hopeless World"

VARIETIES OF STORMS WE FACE

- Situational (Proverbs 1:27)
- Relational (Psalms 102:7-8)
- Emotional (Job 30:22)

TWO POSSIBLE REACTIONS

1. I can be filled with panic.

"The disciples went and woke Him, saying, Lord save us! We're going to drown!" vs. 25

2. I can be filled with peace.

"But Jesus was sleeping." vs. 24b

HOW TO MAKE IT THROUGH A STORM

1. YOU REMEMBER GODS CLOSENESS

"Then He (Jesus) got into the boat and His disciples followed Him." vs. 23



LESSON #1: God is always with me!

*"Fear not, for I have redeemed you. I have called you by name, you are mine. When you pass through the waters. **I WILL BE WITH YOU**, and when you pass through the rivers, they will not sweep over you!" Isaiah 43:1-2*

2. RELAX IN GODS CARE

"The disciples said to Him, 'Teacher, don't You care if we drown?'" Mark 4:38

LESSON #2: God cares about what I am going through.

"Cast all your anxiety on Him because He cares for you!" 1 Peter 5:7

3. RELY ON GODS CONTROL

"Jesus got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm." Mark 4:39

LESSON #3: You want someone who can fix (elevators) storms!

"Sovereign Lord, You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You." Jeremiah 32:17



Additional Resources...

Pastor Tims Movie Recommendation To Remind Us
That Hope Exists In Hard Times



The Pursuit of Happyness

Pastor Tims Book Recommendation

"For These Tough
Times" by Max
Lucado



Pastor Tims Music Recommendation



"Love Riot" by Newsboys

"The State I'm In"
by Leigh Nash

