

9/18/2022

Triggered

Emotion #2: “Out of Gas”

10 Reasons We Run Out of Gas (literally, emotionally, spiritually)

- ✦ Thought you had fuel...but you didn't.
- ✦ Too busy to stop to refuel.
- ✦ Ignoring the Owner's Manual and pushing car past manufacturer's specs.
- ✦ Unaware of hidden leaks.
- ✦ Driving sporadically...lots of fast starts and hard stops.
- ✦ Not paying attention to gauges.
- ✦ Pulling a heavy load.
- ✦ Believing the limits of my tank don't apply to me.
- ✦ Can't find a gas station.
- ✦ Don't know how to refill my tank.

“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.” Matthew 11:28-30 (NLT)

How to Fill Up Your Tank

1. COME TO JESUS!

*“**Come to Me**, all you who are weary and burdened, and I will give you rest.” Matthew 11:28 (NIV)*

“He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Isaiah 40:29-31 (NIV)

2. Give up CONTROL...PARTNER with Jesus.

“Take My yoke upon you...” Matthew 11:29 (NIV)

“For My yoke is easy to bear, and the burden I give you is light.” Matthew 11:30 (NIV)

“Pile your troubles on God’s shoulders—He’ll carry your load, He’ll help you out.” Psalm 55:22 (MSG)

When we're yoked with Jesus,
we move in the same **DIRECTION**, at the same **PACE**, and the load is **LIGHTER**.

3. Put fuel in your tank EVERY DAY. (Daily Quiet Time)

“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)

How to Have a Quiet Time

1. **Set aside a special place**
2. **Keep your Bible there**
3. **Read the Bible with desire to hear from God and apply to life**
4. **Pray (Talk & Listen)**

4. Go to a “Filling Station” EVERY WEEK. (Worship)

“And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.” Hebrews 10:25 (NLT)

Keep the Conversation going...

Small Group Discussion Questions

1. Read Matthew 11:28-30. What did Jesus have in mind when he said, “Come to me”?
2. What steps or actions are needed to “come to Jesus”?
3. Describe how being yoked to Jesus could lighten a load you are carrying.
4. What is the difference between “rest for your body” & “rest for your soul”?