



Crosspoint Church

AfterWords

Weekly Study: Running Right & Burning Bright



Overview

Jesus' parable of the ten bridesmaids in Matthew 25 reminds us that preparation is not optional but essential. All ten carried lamps, all were invited, and all were waiting for the bridegroom, but only five brought enough oil to endure the delay. This week's study explores what it means to live full of the Spirit, to maintain spiritual health through intimacy with God, and to stay filled so we can burn bright in a dark world. The call is not simply to start well, but to **run right, burn bright**, and finish full.



Scripture

Paraphrased Matthew 25:1–9 (NLT) Jesus tells the parable of ten bridesmaids waiting for the bridegroom. Five bring extra oil and are prepared; five do not and miss the moment when he arrives. **Luke 10:38–42 (NKJV)** Martha is busy serving while Mary sits at Jesus' feet prioritizing His presence over activity. **Psalms 23:5 (NKJV)** David declares that God prepares a table before him, anoints his head with oil, and causes his cup to overflow. **Isaiah 58:6 (NKJV)** Fasting that breaks chains, lifts burdens, frees the oppressed, and destroys yokes. **Mark 9:29 (NKJV)** Certain spiritual strongholds can only be overcome through prayer and fasting. **Psalms 51:1–10 (NKJV)** David cries out for mercy, cleansing, renewal and for God to create a clean heart within him. **John 7:38 (KJV)** Jesus promises that whoever believes in Him will have "rivers of living water" flowing from within. **Psalms 92:10 (KJV)** David declares that God will exalt him and anoint him with fresh oil. **Zerubbabel 4:6 (KJV)** God tells Zerubbabel that His work will be accomplished "not by might, nor by power, but by My Spirit." **Matthew 5:16 (KJV)** Jesus instructs believers to let their light shine before others so God receives glory.



Key Points

Check Your Oil/Don't Run on Empty

- **Intimacy fuels endurance.** Many look ready on the outside by serving, showing up, doing the work but without time at Jesus' feet, their lamp burns out. Service pours out; intimacy pours in.
- **Fullness is the goal, not survival.** God desires believers to be overflowing with His Word, Spirit, and love not half-full, half-strong, or half-awake. A life running-over with Jesus empowers us to withstand trials, grow in our faith and bless others.

Change Your Oil/Let the Holy Spirit Remove the Gunk




- **Fasting drains the old oil.** God cannot pour fresh anointing into a vessel filled with bitterness, pride, lust, complacency, or unforgiveness. Fasting and prayer remove what clogs the heart so the Spirit can flow freely.
- **Renewal requires a clean filter.** Like David, believers must cry out for cleansing and restoration. God doesn't top off dirty oil, He transforms us. He filters, empties, and prepares us for fresh fire, fresh passion, and fresh power.

Stay Full/Burn Bright & Run Right

- **Fullness produces fruitfulness.** A full lamp burns steady. When filled with the Spirit, believers forgive quickly, love deeply, discern clearly, and endure faithfully. Fullness stabilizes the flame.
- **We are called to flame, not flicker.** God designed His people to shine brightly, run with purpose, and carry His anointing into every environment.



Reflection

	Where are you serving Jesus but not sitting with Him?
	What "old oil" is God asking you to release?
	What daily practices help you stay spiritually full?



Prayer

Father, I come before You asking for fresh oil. Search my heart and reveal anything that needs to be drained out; every weight, every sin, every distraction. Create in me a clean heart and renew a steadfast spirit within me. Fill me again with Your Word, Your presence, and Your power. Let my lamp burn bright, steady, and strong. Help me walk in intimacy, humility, and obedience so that Your light shines through me. Anoint me with fresh oil and empower me to burn bright for Your glory. Amen.

R e f l e c t . A p p l y . G r o w .