



When You're Running on Empty

Mid-Week Bible Study

New Life Tabernacle Carrollwood

What does it look like to be spiritually poor or brokenhearted in everyday life — not just on Sunday?

Luke 4:18-19

“The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord.”

Jesus stood in the synagogue in Nazareth and unrolled the scroll of Isaiah. The very first two groups He mentioned?



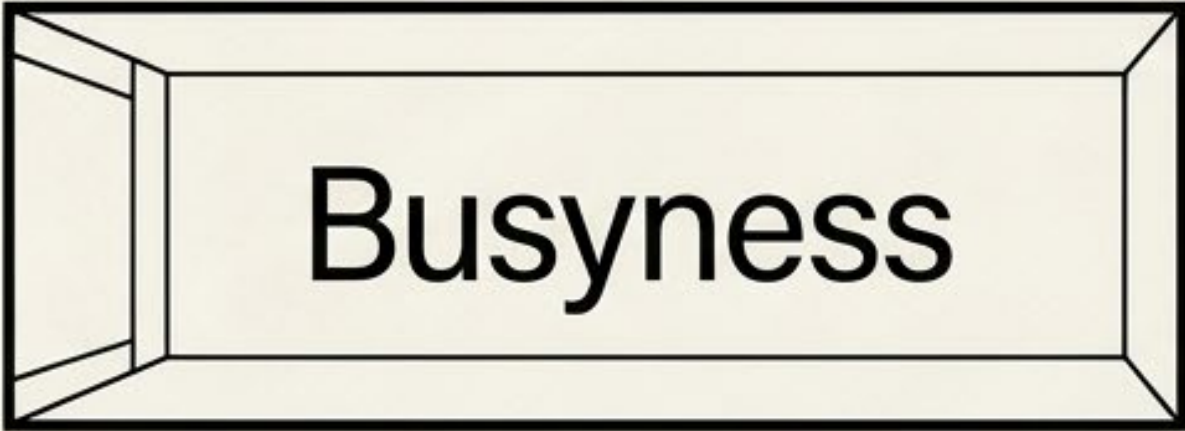
The poor



the brokenhearted

Recognize the Emptiness

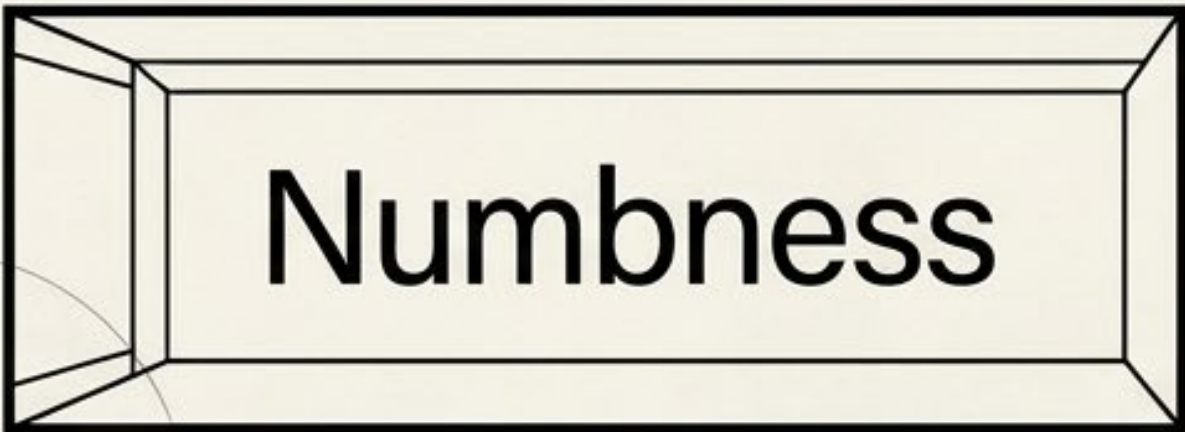
Many believers walk around spiritually depleted and don't even know it. They mistake busyness for fruitfulness and numbness for peace.



Busyness



fruitfulness.



Numbness



peace.

Signs You May Be Spiritually Poor

Check yourself honestly:

- ☐ Your prayer life has become routine or nonexistent.
- ☐ You're going through the motions at church but feel nothing.
- ☐ You're relying on your own strength to handle problems.
- ☐ You haven't opened the Word outside of Sunday in weeks.

Signs You May Be Brokenhearted

- ☐ You're carrying unforgiveness toward someone.
- ☐ You're grieving a loss you haven't processed with God.
- ☐ You're masking pain with humor, busyness, or isolation.
- ☐ You feel distant from God even though you haven't left Him.



APPLICATION STEP: THIS WEEK'S CHALLENGE

Take 10 minutes this week — alone, no phone,
no music — and ask the Holy Spirit:

Where am I *really* right now?

Write down what He shows you.

Bring It to the Right Place

When you're running on empty, the enemy has one strategy: isolate you. Get you away from the altar. Get you away from community. Get you away from prayer.



Jesus didn't announce this good news at a political rally or a marketplace. He announced it in the synagogue — the house of God.

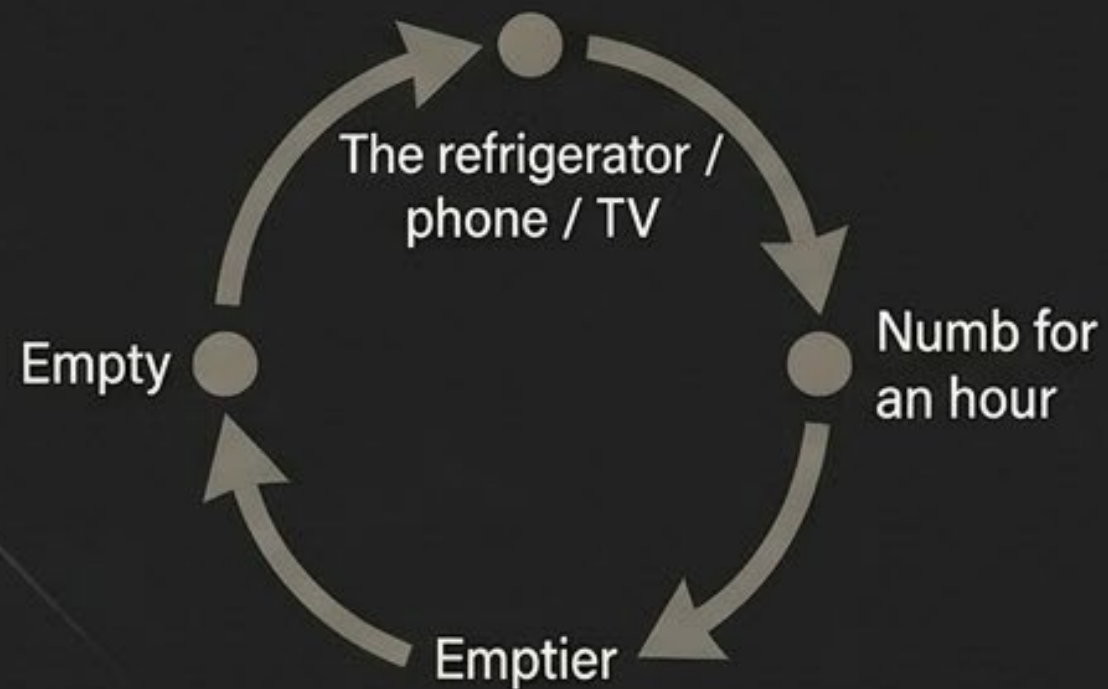


The place of worship is the place where emptiness meets fullness.

God's Invitation

"Come unto me, all ye that labour and are heavy laden, and I will give you rest." — Matthew 11:28

The Coping Mechanism



The Altar



When you're empty or broken, bring your emptiness to the altar — not to a coping mechanism. Bring it to the altar.

LET GOD DEFINE THE HEALING

We often come to God with a timeline. We want microwave miracles and express delivery breakthroughs. The Greek word Jesus used for “heal” is different.

iaomai

/ee-ah'-om-ahee/ • (G2390)

1. To heal thoroughly
2. To make whole
3. To restore completely

The Healing Process

Sometimes that healing is instant.
Sometimes it's progressive.

Sometimes God walks you
through the valley instead of
removing you from it.

The Healing Timeline Curve



His process is not a sign of His absence.

His process is often the proof of His presence.
He's not ignoring you. He's not punishing you.
He's healing you — His way, in His time.

PRACTICAL APPLICATION: SURRENDER THE TIMELINE

Write down one area where you need healing. Pray this prayer:

**Lord, heal me Your way,
in Your time. I trust You.**

That's not a passive prayer. That's a prayer of faith.
Because you're saying, "I don't need to control this. I just need You."

Discussion Questions

Take a moment to discuss with those around you:

1

What is one thing you're bringing to God this week that you've been carrying alone?

2

Which sign of spiritual poverty or brokenness resonated with you most tonight? Why?

3

What coping mechanism do you tend to turn to instead of bringing your emptiness to the altar?

4

Is there an area where you've been giving God a timeline instead of trusting His process?

5

What is one practical step you can take this week to move from running on empty to being refilled?

Key Takeaways

Truth

My Response

Busyness is not fruitfulness.

Am I mistaking motion for ministry?

Numbness is not peace.

Am I masking what I need to bring to God?

Isolation is the enemy's strategy.

Am I pulling away from the altar and community?

God's process is proof of His presence.

Am I surrendering the timeline to Him?

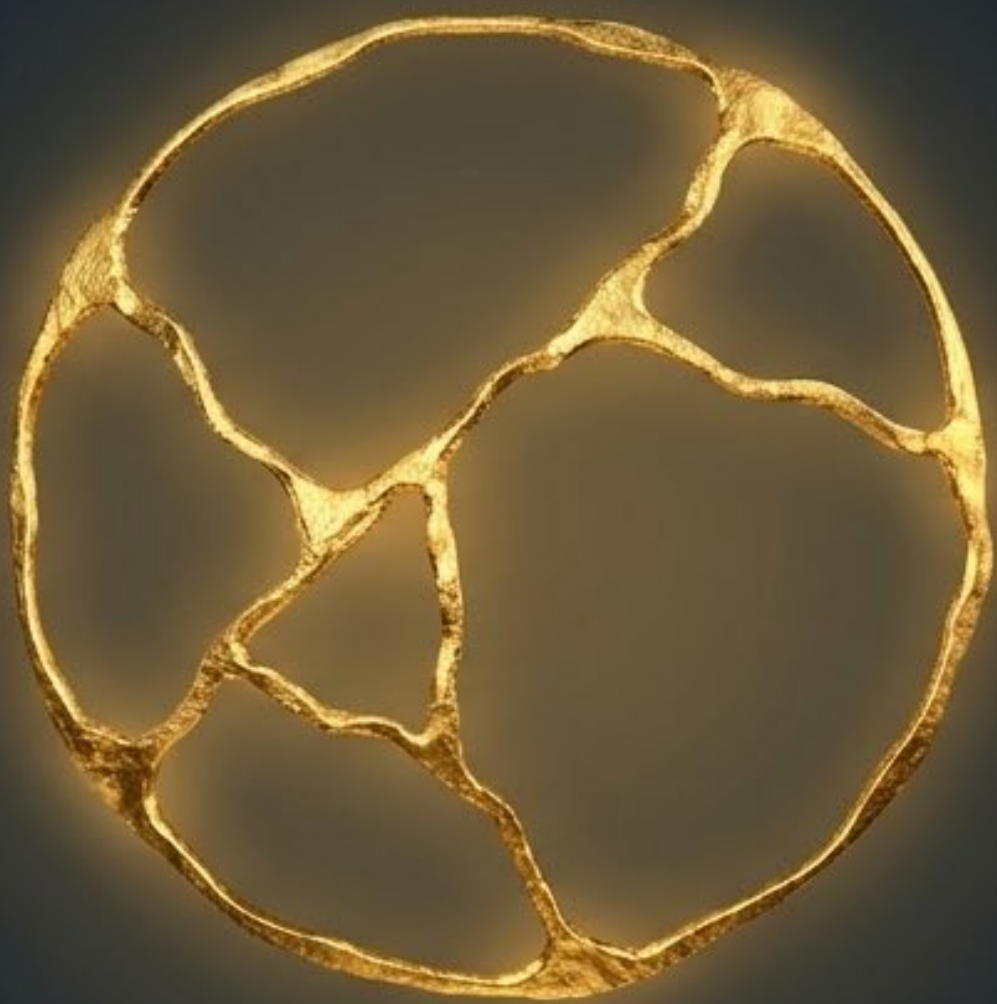
Prayer Focus: Bring It to the Altar

If you came in here running on empty, bring it to the altar. Not next week.
Not when you get home. Right now. Pray specifically:

Lord, I've been
carrying this alone,
and I'm handing it
to You tonight.

Lord, I didn't even
know how empty I
was until tonight.
Fill me.

Lord, heal me
Your way.
I surrender the
timeline.



**Your emptiness is not your identity.
Your brokenness is not your destination.**

Jesus was anointed for exactly this moment. He came for the poor.
He came for the brokenhearted. And He's still coming for you.

Bring it to the altar. Let Him fill you. Let Him heal you. His way. His time.