

## Faithful Jesus Church. Increase your Influence #3 RUNNING ON A FULL TANK

### Why are we running on an empty tank?

1. Satisfied with a less than full tank
2. Being too busy to stop and refuel
3. Unaware of hidden leaks
4. Pushing my car beyond limits
5. Hurrying
6. Not monitoring/minding my gauge
7. Being overloaded
8. No margin: Not allowing for time to fill up.

### KEEPING A FULL YOUR TANK

Jesus said, *"If you are tired from carrying heavy burdens, come to me and I will give you rest. Take my yoke upon you, and Learn from me, for I am gentle and humble in spirit, and you will find rest for your soul. For the yoke I share with you is easy to wear and the load is light."* Matthew 11:28-30

#### **1. SATURATION BUT WILL GO FOR A SOLUTION**

- "If you are tired from carrying heavy burdens . . ." Matthew 11:28a .
- "Come to me and I will give you rest." Matthew 11:28b
- "He gives power to those who are tired and worn out; he offers strength to the weak... Those who wait on the Lord will find new strength." Isaiah 40:29, 31 (NLT)

#### **2. GIVE UP CONTROL AND LEARN TO TRUST GOD**

- "Take my yoke upon you . . ." Matthew 11:29a
- "Pile your troubles on God's shoulders. He'll carry your load and help you out." Psalm 55:22 (The Message)
- When I'm "yoked" with Jesus, we move together in the same direction & the same pace  
"Since we live by the Spirit, let us keep in step with the Spirit." Galatians 5:25
- "...Learn from me; for I am gentle and humble in heart, and you will find rest for your souls." Matthew 11:29
- **Gentle & Humble - Antidotes to 2 Causes of Stress**
  - Aggression: We don't wait
  - Arrogance: We try to control everything

#### **3. START WITH FILL UP DAILY AND STAY CONNECTED**

- "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 (The Message)
- "Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more . . ." Hebrews 10:25 (TEV)