

MARCH 12, 2023

TACTICS FOR TOUGH TIMES-4

Why Do We Feel Empty So Often?

- Not starting out with a full tank**
- Too busy to stop and refuel**
- Ignore the owner's manual and push my further than you were created to go**
- Unaware of hidden leaks**
- Being in a hurry**
- The faster the pace of your life, the quicker you get to empty.**
- Not paying attention to my gauges**
- Being overloaded**
- Assuming the limits don't apply to me**
- Not knowing where to find a filling station**
- Not knowing how to refill my tank**

"My eyes have no more tears. And I'm sick to my stomach. And I feel empty inside." Lamentations 2:11

***"I'm given months that are empty, and nights of misery."
Job 7:3***

"I have labored in vain and I've spent my strength for nothing and in empty futility." Isaiah 49:4

"Even though I am the appointed King, I feel empty."

2 Samuel 3:39

"If you're tired from carrying heavy burdens, come to me and I will give you rest. Take my yoke upon you. Then 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 it makes the load light."

Matthew 11:28-30

1. Get Sick and Tired of Being Sick and Tired

"The Lord gave us a conscience and a mind. So we cannot hide from ourselves...But, sometimes it takes a painful situation to make us change our ways." Proverbs 20:27, 30

We don't change when we see the light. We change when we feel the heat.

"When I had lost all hope, I turned my thoughts once again to the Lord." Jonah 2:7

2. Come to Jesus

Jesus says, *"Whoever comes to Me, I will never reject."* John 6:37

"He gives power to those who are tired and worn out and the offer strength to the weak." Isaiah 40:29

3. Give Up Control

You were never meant to go through life, carrying your load all by yourself

"Pile all your troubles on God's shoulders, he'll carry your load and help you out." Psalm 55:22

With Jesus, my pace is right and my direction is right and my load is lighter.

4. Learn to Trust

5. Stay Connected to Your Spiritual Family

"Let us not give up the habit of meeting together as some are doing instead, let us encourage one another, all the more." Hebrews 11:25

"The church is Christ's body and it is filled with Christ who completely fills everything else." Ephesians 1:23

"Come to me all you who labor and are heavy laden and overburdened. And I will cause you to rest. I will ease and relieve and refresh your souls. Take my yoke on you, partner with me and learn from me for I am gentle and I'm humble in heart, and you will find rest, relief and ease and refreshment and recreation and blessed quiet for your souls." (Amplified Translation)