




“This is what the Lord says: “Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls. ...” **Jeremiah 6:16 (NLT)**

Reasons to maintain your tank level

- Running on Empty is not _____
_____ for you
- Running on Empty is not _____
for _____



May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. **Ephesians 3:19 (NLT2)**

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. **Romans 15:13 (NIV)**

“He [God] comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. **2 Corinthians 1:4 (NLT)**

Ways to maintain your tank level

- ① _____ up and _____ for reasons to Laugh
- ② _____ with others through _____



A happy heart is like good medicine, but a broken spirit drains your strength. **Proverbs 17:22 (NCV)**

“How wonderful it is, how pleasant, for God’s people to live together in harmony! **Psalm 133:1 (GNB)**

And so encourage one another and help one another... **1 Thessalonians 5:11 (GNB)**

Ways to maintain your tank level

- ① Spend _____ with Jesus everyday
- ② Make Corporate _____ your _____



“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! **Isaiah 26:3 (NLT)**

“My sheep listen to my voice: I know them and they follow me.” **John 10:27 (NIV)**

... faith comes from hearing the message, and the message is heard through the word of Christ. **Romans 10:17 (NIV)**

“...your presence fills me with joy and brings me pleasure for ever. **Psalm 16:11 (GNB)**

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. **2 Corinthians 3:17 (NIV)**