

# RUNNING ON EMPTY

HOW TO STOP LIVING BURNT-OUT AND START LIVING FULLY.





**John  
Mark  
Comer**

**The  
Ruthless  
Elimination  
of  
~~Hurry~~**

**Foreword  
by  
John  
Ortberg**



“Hurry is the great enemy of spiritual life.

**- DALLAS WILLARD**

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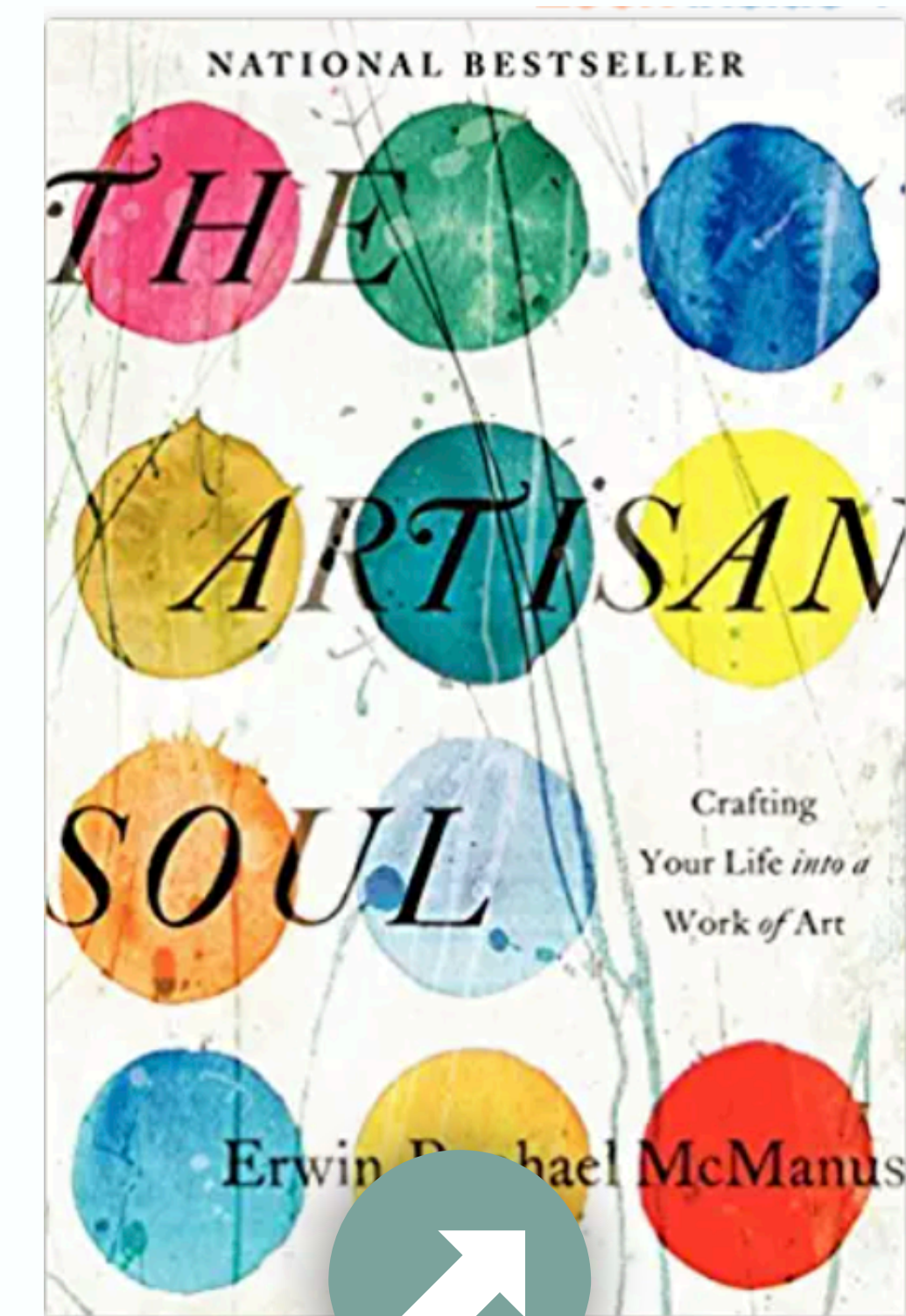
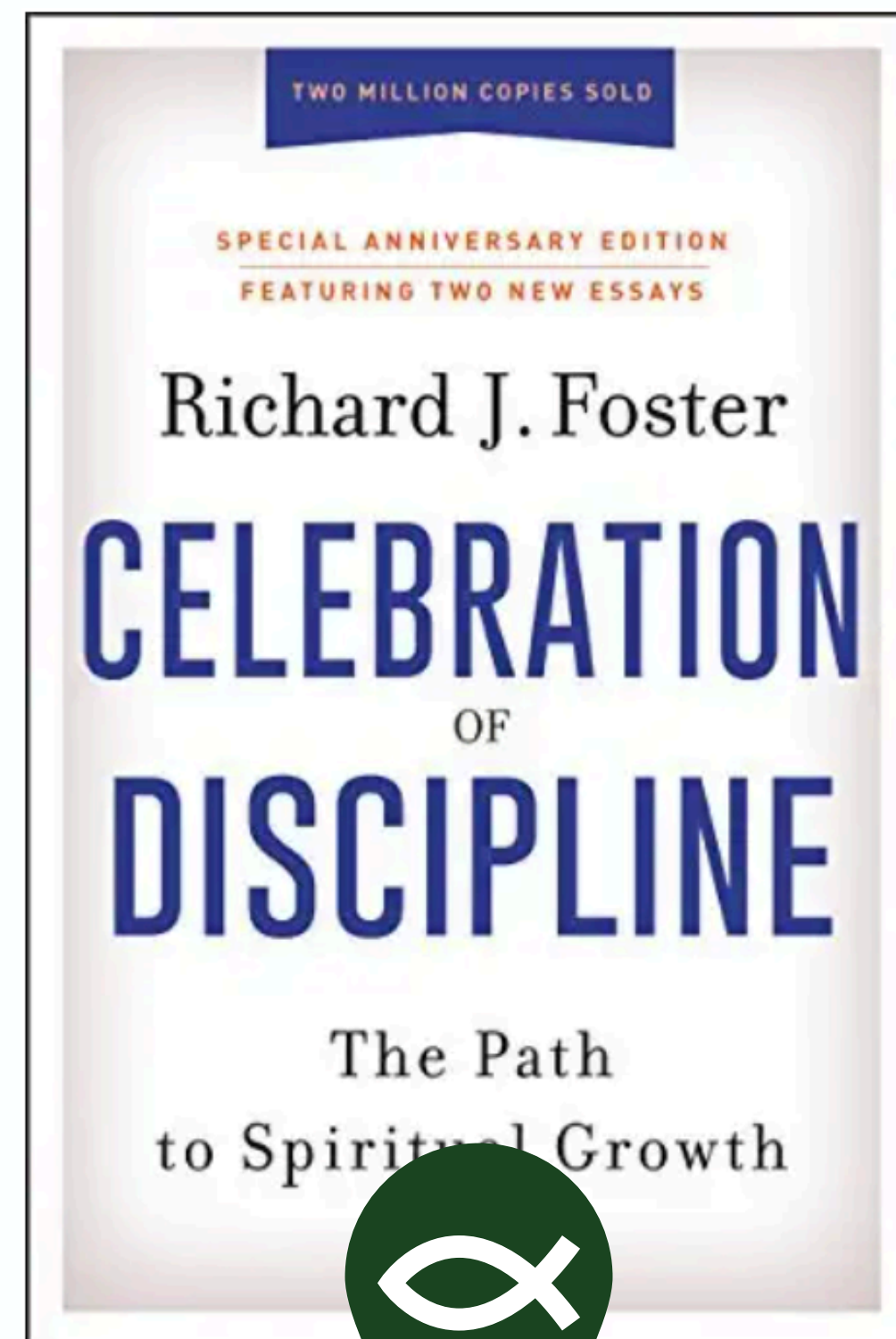


“Hurry is the great enemy of spiritual life. You *must* **ruthlessly eliminate hurry** from your life.”  
- DALLAS WILLARD

“If you want the *life* of Jesus, you have to  
adopt the *lifestyle* of Jesus.”

- JOHN MARK COMER

# JOURNEY MAP BOOK RECOMMENDATIONS

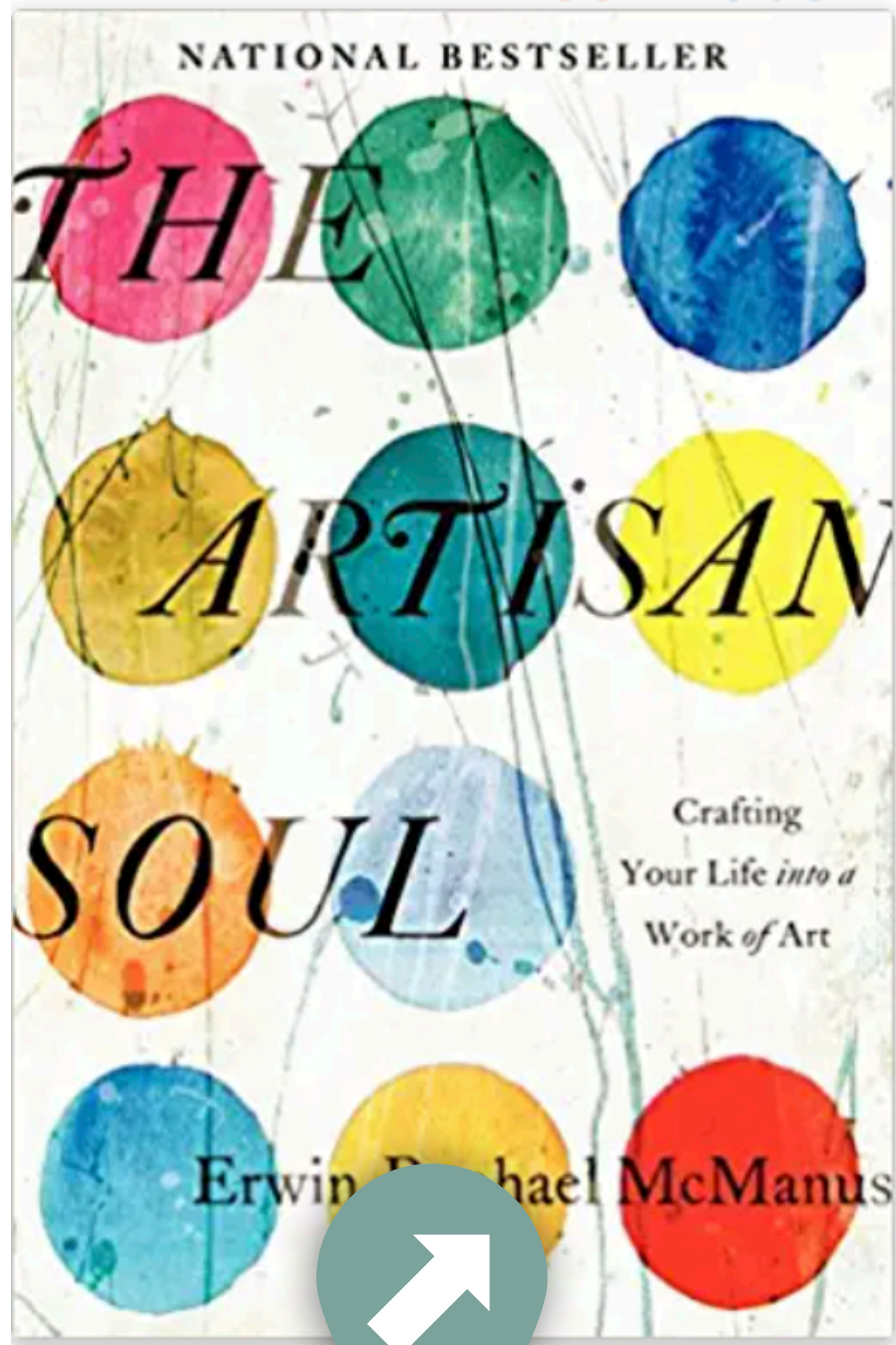


26 Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals,<sup>[a]</sup> and over all the creatures that move along the ground."

27 So God created mankind in his own image,  
in the image of God he created them;  
male and female he created them.

Genesis. 1:26-27 NIV





“Like bees make hives,  
and ants make tunnels,  
and worms make silk-  
humans make futures.”

- ERWIN MCMANUS

9 I became greater by far than anyone in Jerusalem before me. In all this my wisdom stayed with me. 10 **I denied myself nothing my eyes desired; I refused my heart no pleasure.** My heart took delight in all my labor, and this was the reward for all my toil. 11 Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.

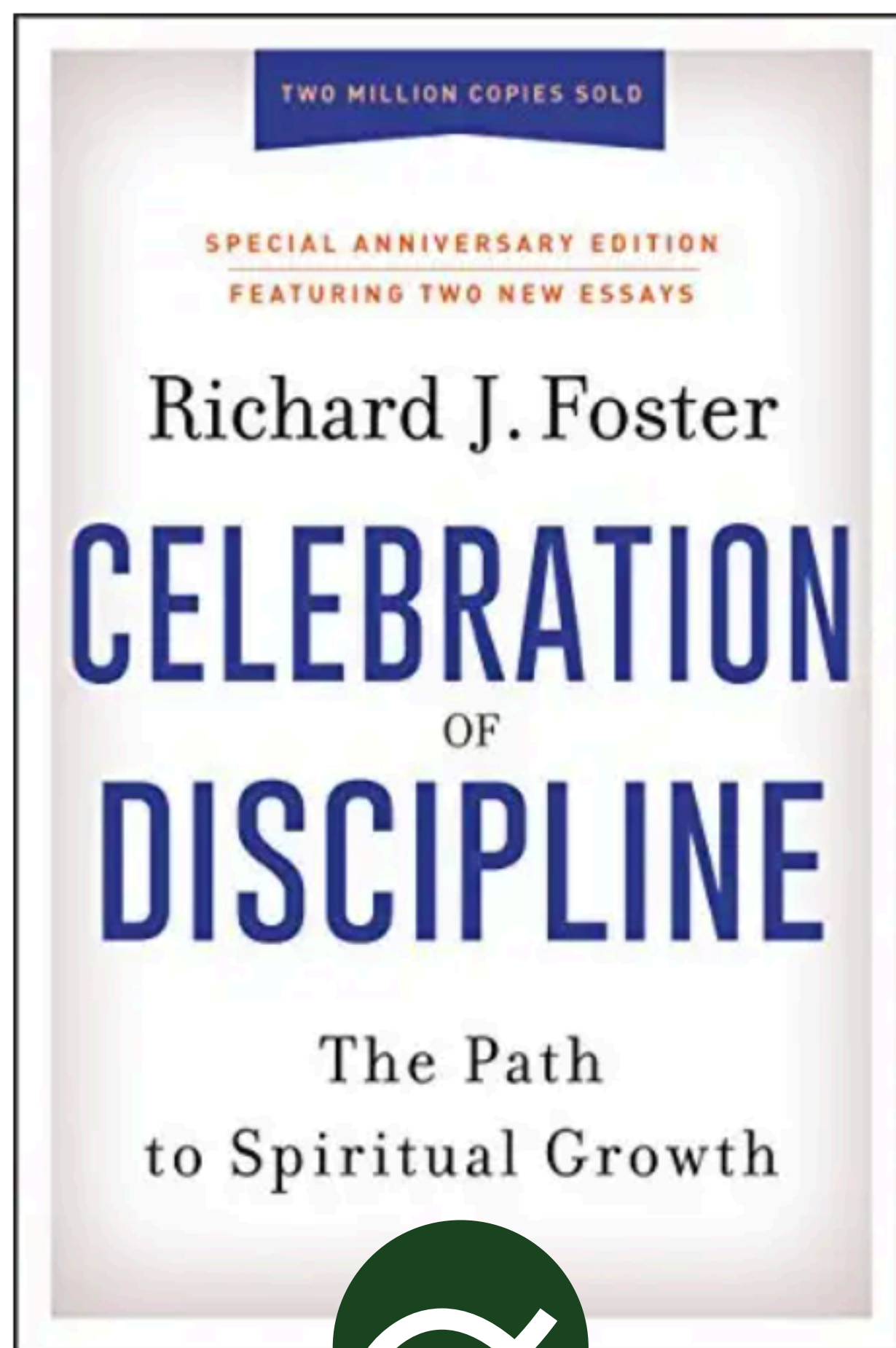
Ecclesiastes . 2:9-11



“If I find in myself desires which nothing in this world can satisfy, the only logical explanation is that I was made for another world.”

— **C.S LEWIS**





“Simplicity is an **inward reality** that results in an **outward life-style**. Both the inward and the outward aspects of simplicity are essential. We deceive ourselves if we believe we can possess the inward reality without its having a profound effect on how we live. To attempt to arrange an outward life-style of simplicity without the inward reality leads to deadly legalism.

- RICHARD FOSTER



Simplicity is the **practice** of ordering your desires as if He (Jesus) were me.



<sup>19</sup>“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. <sup>20</sup>But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. <sup>21</sup>For where your treasure is, there your heart will be also.

Matthew. 6:19-21



<sup>22</sup> “The eye is the lamp of the body. If your eyes are healthy,<sup>[a]</sup> your whole body will be full of light. <sup>23</sup> But if your eyes are unhealthy,<sup>[b]</sup> your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

Matthew. 6:22-23



<sup>24</sup>“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

Matthew. 6:24

<sup>25</sup>“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”

Matthew. 6:25



**26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **27** Can any one of you by worrying add a single hour to your life? **28** “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?

Matthew. 6:26-30

<sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them.

Matthew. 6:31-32



<sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew. 6:33

<sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew. 6:34



<sup>11</sup>I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup>I know what it is to be in need, and I know what it is to have plenty. **I have learned the secret of being content in any and every situation**, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup>I can do all this through him who gives me strength.

Philippians 4:11-13

Simplicity is **contentment** in what you have  
and **clarity** on what to do with it



# Practice for this Week

Young Believers Ask:

“Is this good or is this a sin?”

Mature Believers Ask:

The things that I have and the things that I do,  
Do I know what they are doing to me?

# Practice for this Week

1) Is it Violating my limitations, am I overextended?

2) Am I chasing and consuming what will not satisfy my eternal desires?



Yet we urge you, brothers and sisters, to do so more and more, <sup>11</sup> and to **make it your ambition to lead a quiet life**: You should mind your own business and work with your hands, just as we told you, <sup>12</sup> so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.

1 Thessalonians. 4:10-12



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