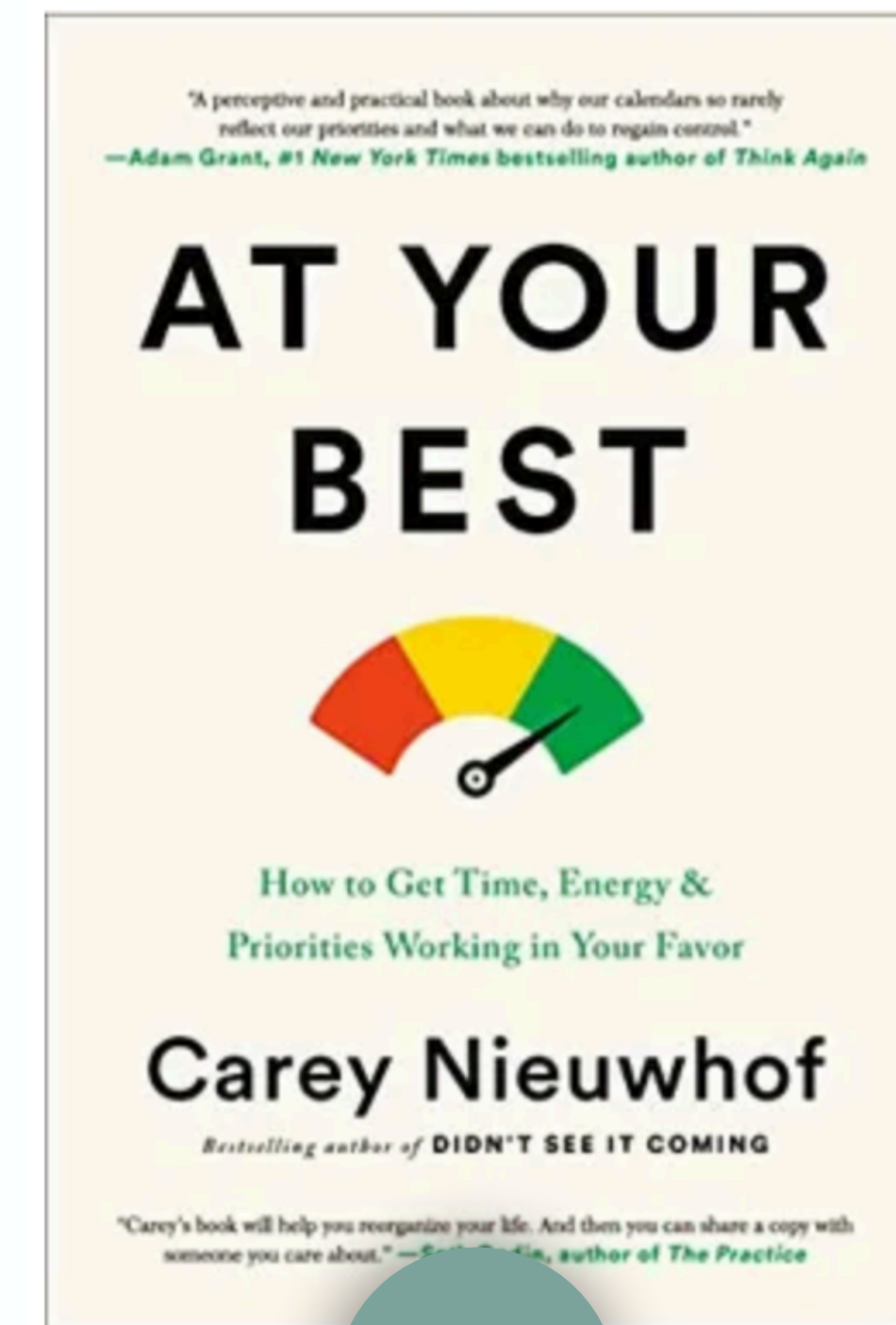
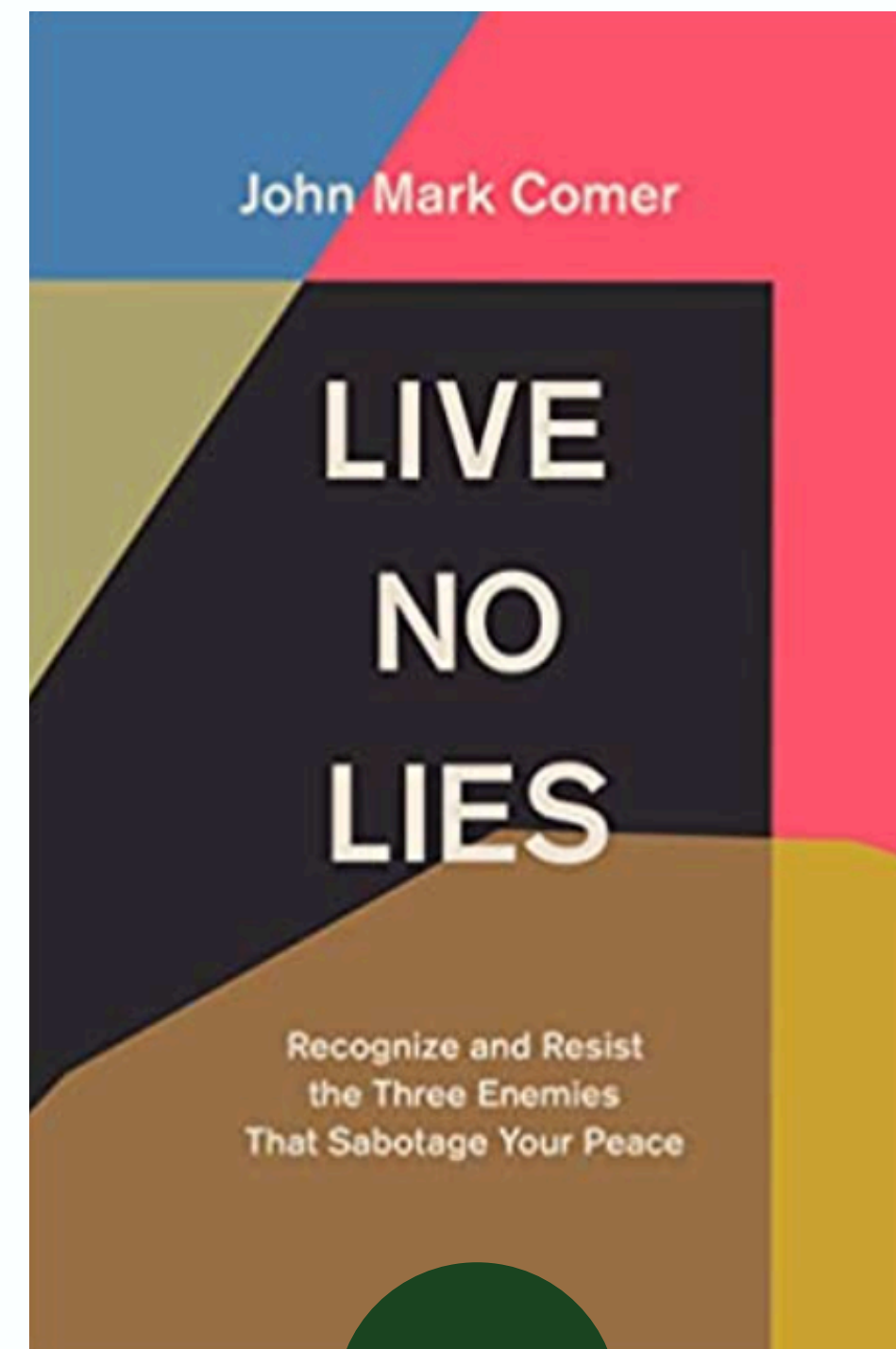
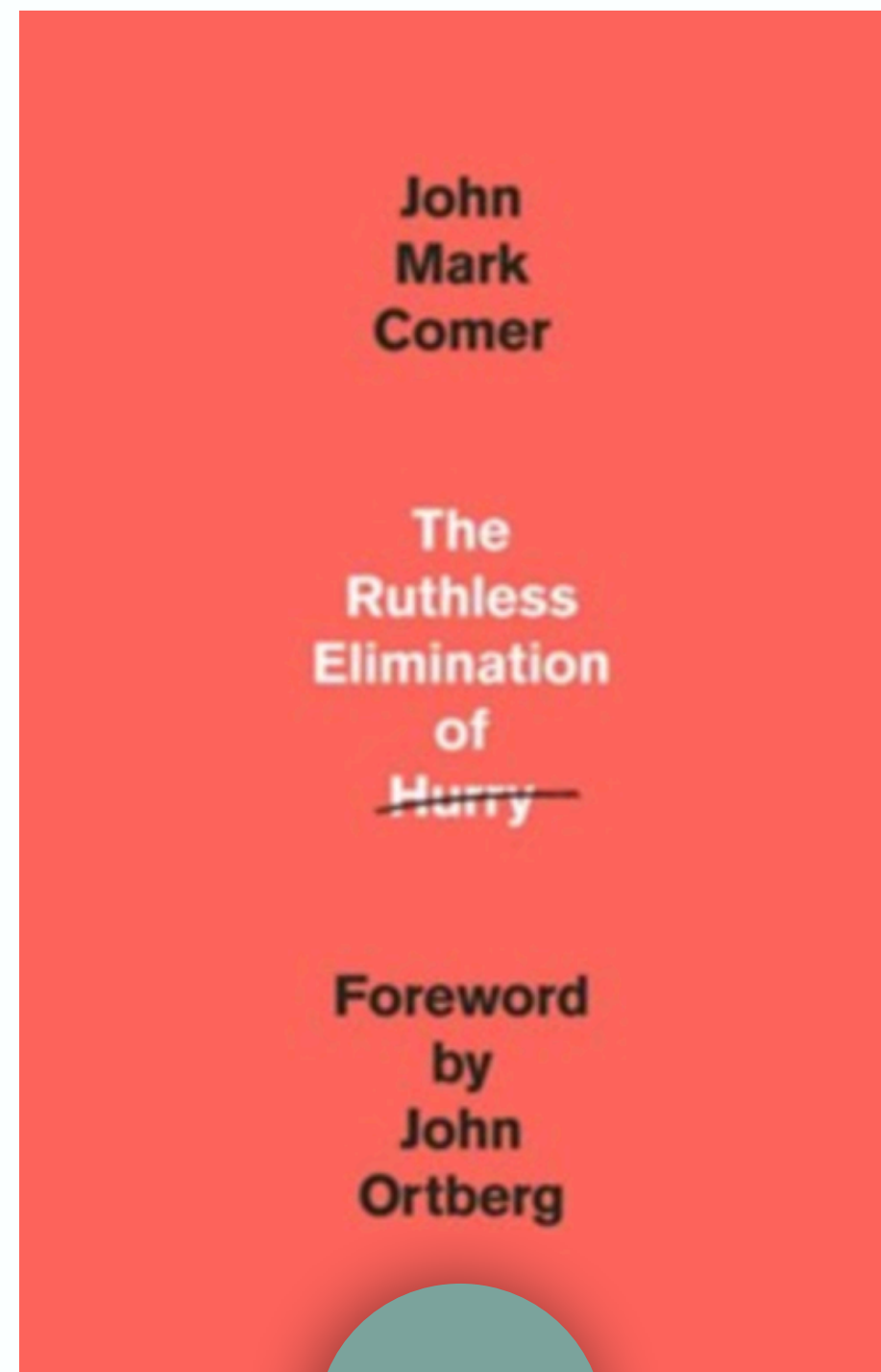


# RUNNING ON EMPTY

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



# JOURNEY MAP BOOK RECOMMENDATIONS



"A perceptive and practical book about why our calendars so rarely reflect our priorities and what we can do to regain control."  
—Adam Grant, #1 *New York Times* bestselling author of *Think Again*

# AT YOUR BEST

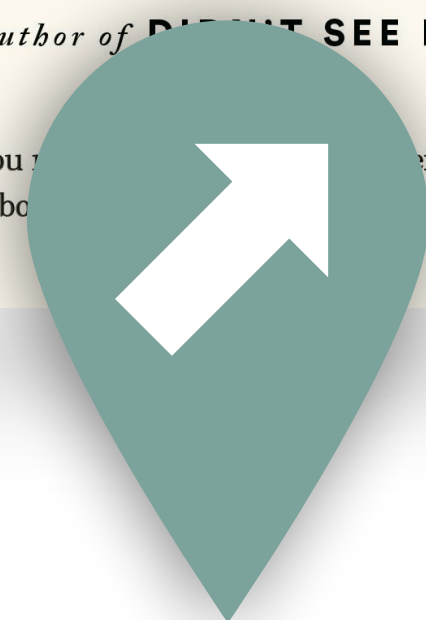


How to Get Time, Energy &  
Priorities Working in Your Favor

Carey Nieuwhof

Bestselling author of *DON'T SEE IT COMING*

"Carey's book will help you ... when you can share a copy with someone you care about."  
—*Author of The Practice*



"Time **off** won't heal you when your problem is how you spend your time **on**."

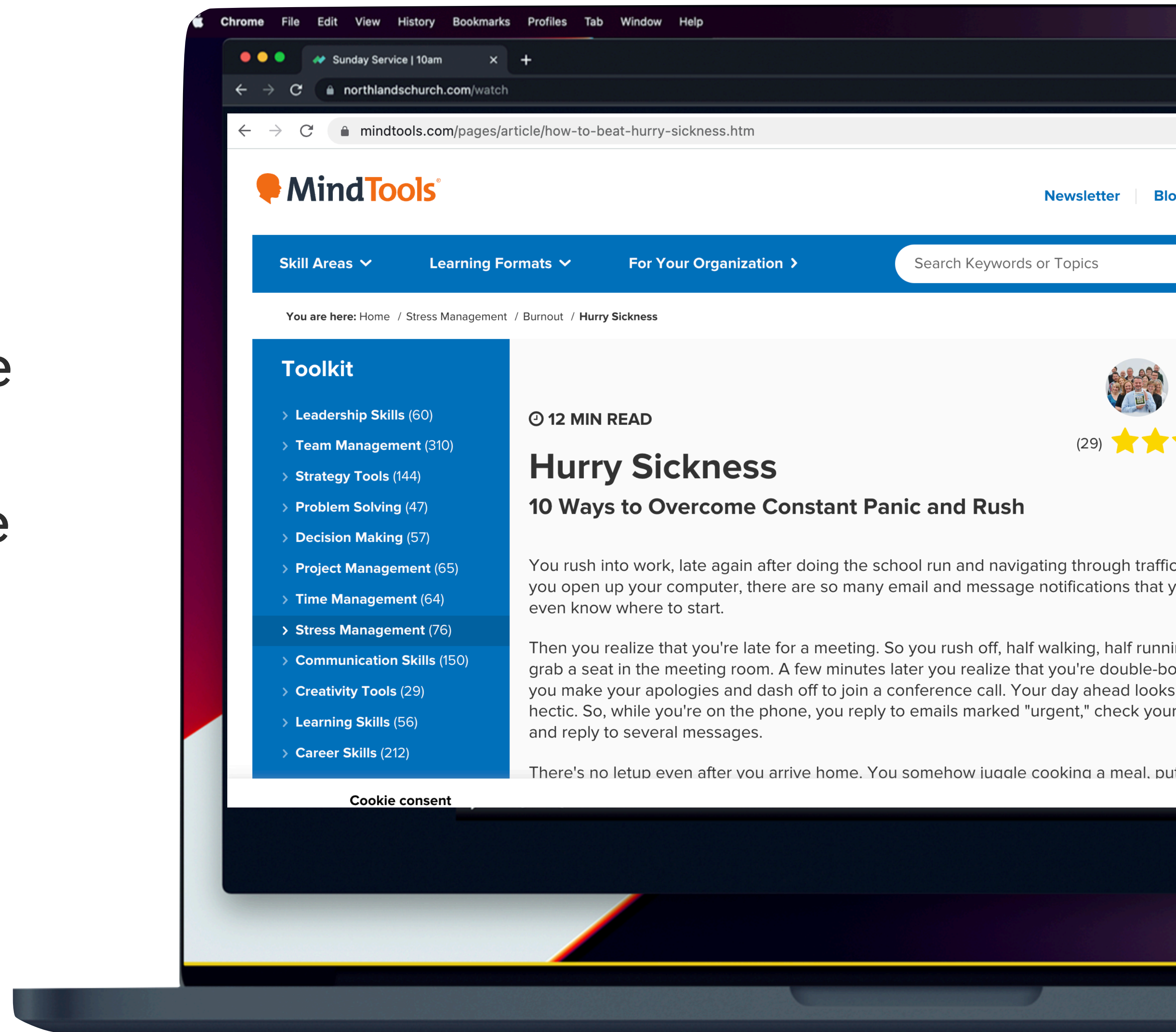
- CAREY NIEUWHOF

## **Hurry Sickness —**

“A behavior pattern characterized by an urgent and persistent need to feel busy or productive, and often an anxious, excessive preoccupation with work at the expense of relaxation and socializing.”

**— US Dictionary**

*Professor Richard Jolly* of the London Business School found that **95 percent** of the managers he studied suffer from **Hurry Sickness**.



# **SYMPTOMS OF HURRY SICKNESS**

## 1) Finding The Shortest Check Out Line

**SYMPTOMS  
OF HURRY  
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**John  
Mark  
Comer**

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

**Foreword  
by  
John  
Ortberg**



"Hurry is the great  
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**- DALLAS WILLARD**

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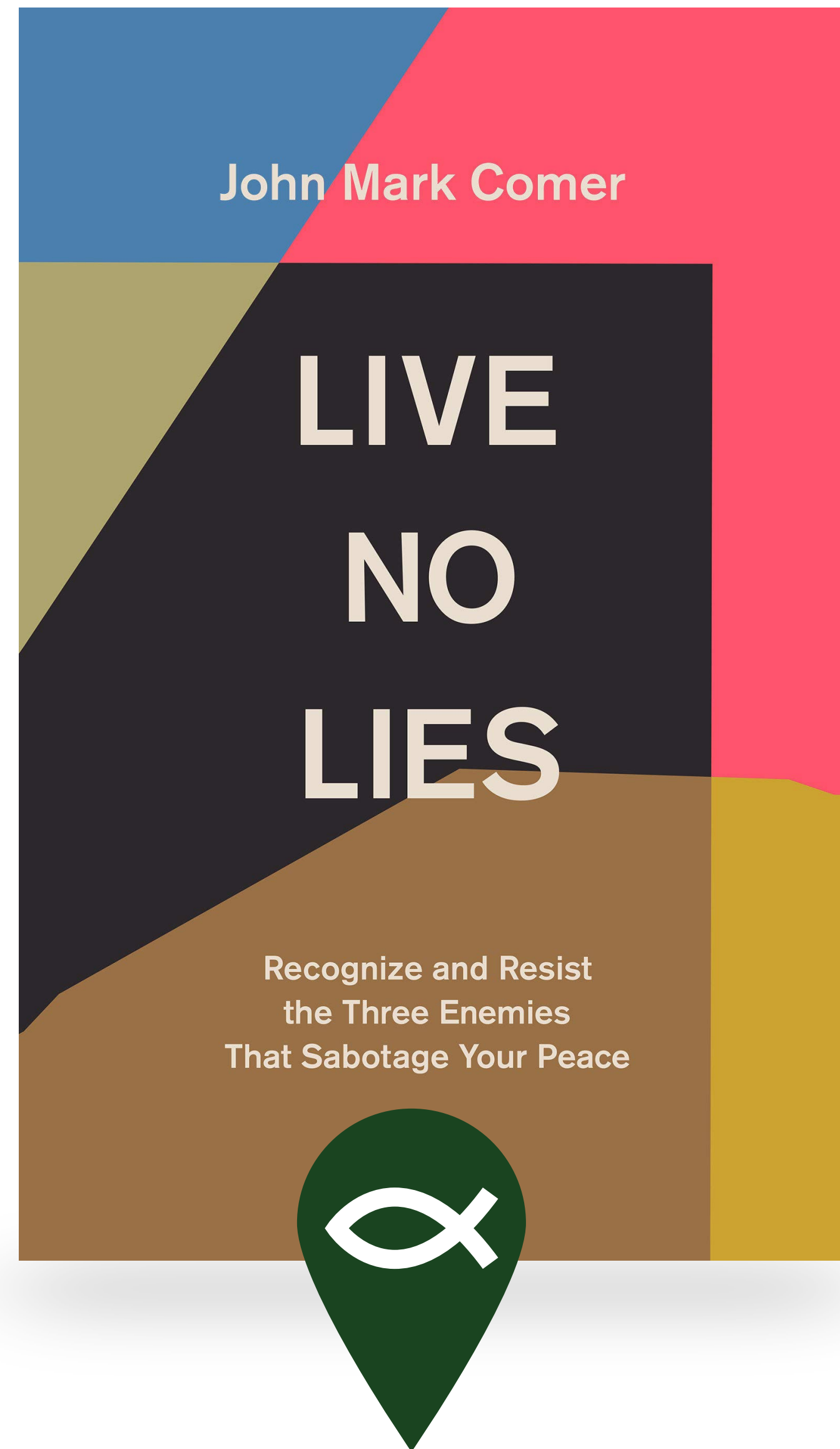


"Hurry is the great enemy of spiritual life. You *must* **ruthlessly eliminate hurry** from your life."  
- DALLAS WILLARD



# **WHAT ARE YOKES?**

They are the truths you live by in order to obtain what your Rabbi promised.



**TRUTH = REALITY**

For we cannot do anything against the truth, but only for the truth.

**2 Corinthians 13:8**

# JESUS' OBSERVATION:

When he saw the crowds, he had compassion for them, because they were **harassed** and **helpless**, like **sheep without a shepherd**.

**Matthew 9:36**

**"Burdened and Heavy Laden"**

**Matthew 11:28**

## **JESUS PARABLE: BLIND RABBIS AND ILL-FITTING YOKES**

10 Jesus called the crowd to him and said, "Listen and understand. 11 What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them." 12 Then the disciples came to him and asked, "Do you know that the Pharisees were offended when they heard this?"

**Matthew 15:10-14**

## **JESUS PARABLE: BLIND RABBIS AND ILL-FITTING YOKES**

13 He replied, "Every plant that my heavenly Father has not planted will be pulled up by the roots. 14 Leave them; they are blind guides. **If the blind lead the blind, both will fall into a pit."**

**Matthew 15:10-14**

# **BLIND RABBIS AND THEIR YOKES.**

**"COME AND FOLLOW US."**

## OUR MISSION:

To **give people the power** to build community and bring the world closer together.



## OUR MISSION:

To give **everyone** the power to create  
and **share ideas** and information  
instantly, **without barriers**.



## OUR MISSION:

To inspire **creativity** and bring **joy**.



# **BLIND RABBIS AND THEIR ACTUAL YOKES**

- Depression and Anxiety**
- Cyber Bullying**
- FOMO (OR COVETING)**
- Unrealistic Expectations**
- Negative Body Image**
- Unhealthy Sleep Patterns**
- Addiction to Screens**
- Lowered attention span**
- Escalating suicide rates**



The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

**John 10:10**

# **JESUS' INVITATION**

**"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."**

**Matthew 11:28-30**

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

- JOHN MARK COMER

# PRACTICES OF JESUS TO HELP YOU UNHURRY

## **Silence and Solitude**

Prayer

Fasting

Bible

Community

**Sabbath**

Sunday Gatherings

Communion

Worship

Teaching

Serving

**Simple Living**

Celebration

Grieving

Confession

Secrecy

Gratitude

Generosity

**Slowing Down**