

# RUNNING ON EMPTY

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



**LAW OF  
FIRST MENTION**

1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God **blessed** the seventh day and **made it holy**, because on it he rested from all the work of creating that he had done.

**Genesis 2:1**

**Satisfaction not Fatigue**  
**motivated God's Sabbath**

**In Sabbath**  
**God instituted a**  
**perpetual state of**  
**being**  
**(blessed and holy)**

**Beware the lies  
of the enemy  
“God is not good”**

1 **“Did God really say,**(creation of doubt) ‘You must not eat from any tree in the garden’?” . . . 4 **“You will not certainly die,”**(sneering denial) . . . 5 **“For God knows** that when you eat from it your eyes will be opened, and **you will be like God,** knowing good and evil. (Lying slander)

**Genesis 3:1-5**

the Lord delights in those who fear him, who put their hope in his  
unfailing love. (who expect Him to loving and kind)

**Psalm 147:11**



**sabbath was the sign  
of the old covenant**

**remember**  
**and observe**  
**the sabbath**

# remember

**Remember** the Sabbath day by keeping it holy.

**Exodus 20:8**

“remember” is “zakhor” in Hebrew and means to **recall** or **recollect** past events and experiences and renew them in the present.

# observe

**Observe** the Sabbath day by keeping it holy, as the Lord your God has commanded you.

**Deuteronomy 5:12**

“Observe or keep” is “shamor” in Hebrew and means to **guard** something held in trust, to **protect** and to watch closely. Protect its sanctity as something of great value.

**remember**

**god, the creator  
of all, rested**

**2 By the seventh day God had finished the work he had been doing;** so on the seventh day he rested from all his work. **3** Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

**Genesis 2:2-3**

It will be a sign between me and the Israelites forever, for **in six days the Lord made the heavens and the earth**, and on the seventh day he rested and was refreshed.

**Exodus 31:17**

**remember**

**god freed us  
from slavery**



**Remember** that **you were slaves** in Egypt and that **the Lord your God brought you out** of there with a mighty hand and an outstretched arm. **Therefore** the Lord your God has commanded you to observe the Sabbath day.

**Deuteronomy 5:15**

**remember**

**god**

**makes us**

**holy**

12 Then the Lord said to Moses, 13 "Say to the Israelites, '**You must observe my Sabbaths.** This will be a **sign** between me and you for the generations to come, **so you may know** that I am the Lord, who **makes you holy.**' 14 "'Observe the Sabbath, because it is holy to you. Anyone who desecrates it is to be put to death; those who do any work on that day must be cut off from their people. 15 For six days

**Exodus 31:12-18**

work is to be done, but the seventh day is a day of Sabbath rest, holy to the Lord. Whoever does any work on the Sabbath day is to be put to death. 16 The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. 17 **It will be a sign** between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.'"

**Exodus 31:12-18**

9 We accept human testimony, but God's testimony is greater because it is the testimony of God, which he has given about his Son.  
10 Whoever believes in the Son of God accepts this testimony. Whoever does not believe God has made him out to be a liar, because they have not believed the testimony God has given about his Son. 11 And this is the testimony: **God has given us eternal life, and this life is in his Son.** 12 **Whoever has the Son has life; whoever does not have the Son of God does not have life.**

**1 John 5:9**

4 But because of his great love for us, God, who is rich in mercy,  
5 made us alive with Christ even when we were dead in  
transgressions—**it is by grace you have been saved.** 6 And God  
raised us up with Christ and seated us with him in the heavenly  
realms in Christ Jesus, 7 in order that in the coming ages he might  
show the incomparable riches of his grace, expressed in his kindness

**Ephesians 2:4**

to us in Christ Jesus. 8 For it is by grace you have been saved, through faith—and **this is not from yourselves, it is the gift of God—** 9 **not by works,** so that no one can boast. 10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

**Ephesians 2:4**

**observe**

**Rest includes  
provision, protection  
and preservation**



25 "Eat it today," Moses said, "because today is a sabbath to the LORD. You will not find any of it on the ground today. 26 Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any."

**Exodus 16:25-26**

observe

**sacred assemblies**

1 The LORD said to Moses, 2 "Speak to the Israelites and say to them: 'These are my appointed festivals, the appointed festivals of the LORD, which you are to proclaim as sacred assemblies. 3 "'There are six days when you may work, but the seventh day **is a day of sabbath rest, a day of sacred assembly.** You are not to do any work; wherever you live, it is a sabbath to the LORD. 4 'These are the LORD's appointed festivals, the sacred assemblies you are to proclaim at their appointed times:

**Leviticus 23:1-4**

**Jesus' sabbath**

The Lord says to my lord: "Sit at my right hand until I make your enemies a footstool for your feet.

**Psalm 110:1**

12 But when this priest had offered for all time one sacrifice for sins, **he sat down** at the right hand of God, 13 and since that time **he waits for his enemies to be made his footstool**. 14 For by one sacrifice he has made perfect forever those who are being made holy.

**Hebrews 10:12**

6 And God **raised us up with Christ** and **seated us with him** in the heavenly realms in Christ Jesus, 7 in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

**Ephesians 2:4-7**

1 Since, then, **you have been raised with Christ**, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and **your life is now hidden with Christ in God.**

**Colossians 3:1-3**

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