

RUNNING ON EMPTY

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



1 The Lord is my shepherd, I lack nothing.

2 He makes me lie down in green pastures, he leads me beside quiet waters,

3 he refreshes my soul. He guides me along the right paths for his name's sake.

4 Even though I walk through the darkest valley, I will fear no evil, for you are with me;

your rod and your staff, they comfort me.

- PSALM 23 NIV

1 The clock is my dictator I shall not rest.

2 It makes me lie down only when exhausted and leads me into stressful meetings

3 it leads me into deep depression. It hounds my soul. - It guides me in circles of frenzy for activities sake.

4 Even though I run frantically from task to task, - I will never get it done for my "ideal" is with me

Deadlines and my need for approval, they drive me

- PSALM 23 WESTERN CIVILIZATION TRANSLATION

5 You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

6 Surely your goodness and love will follow me all the days of my life,

and I will dwell in the house of the Lord forever.

- PSALM 23 NIV

5 They demand performance from me, beyond the limits of my schedule

They anoint my head with migraines, my in-basket overflows.

6 Surely fatigue and time pressure shall follow me all the days of my life

and I will dwell in the bonds of frustration forever.

- PSALM 23 WESTERN CIVILIZATION TRANSLATION

34 Then he called the crowd to him along with his disciples and said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. 35 For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. 36 What good is it for someone to **gain the whole world, yet forfeit their soul**? 37 Or what can anyone give in exchange for their soul?

Mark 8:34-37

The thief does not come except to steal, and to kill, and to destroy. I have come that they may **have life**, and that they may **have it more abundantly**.

John 10:10

"If you want to experience the life of Jesus,
you have to adopt the lifestyle of Jesus."

JOHN MARK COMER - THE RUTHLESS ELIMINATION OF HURRY

15 Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. 16 **But Jesus often withdrew to lonely places and prayed.**

Luke 5:15 (NKJV)

The practices of
SOLITUDE AND SILENCE

"Solitude is the place of
purification and transformation,
the place of
great struggle and the great encounter."

HENRI NOUWEN

JESUS WITHDREW AND PRAYED . . .

1. **When life was draining or crowded**

Jesus often **withdrew** to **lonely places** and prayed - Luke 5:15

2. **When He faced important choices**

One of those days Jesus **went out** to a **mountainside** to pray, and spent the night praying to God - Luke 16:12

3. **When He was sad**

John's disciples came and took his body and buried it. Then they went and told Jesus. When Jesus heard what had happened, he **withdrew by boat** privately to a solitary place - Matthew 14:1-13

4. **When He needed strength for His work**

and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was. Very early in the morning, while it was still dark, Jesus got up, left the house and **went off to a solitary place, where he prayed**. Simon and his companions went to look for him - Mark 1:34-36

5. **When He was worried about people He loved**

"Simon, Simon, Satan has asked to sift all of you as wheat. But **I have prayed** for you, Simon, that your faith may not fail - Luke 22:31-32

6. **When He faced His most holy work on His worst night**

"My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." **Going a little farther**, he fell with his face to the ground and **prayed**, . . . "Watch and pray so that you will not fall into temptation. . . . He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done." - Matthew 26:41-42

"Solitude is a chosen separation for refining your soul.

Isolation is what you crave when you neglect the first."

WAYNE CORDIERO - "*LEADING ON EMPTY*"

How?

1. WITHDRAW YOURSELF

“Let him who cannot be alone
beware of community . . .

Let him who is not in community
beware of being alone”

- DIETRICH BONHOFFER, “*LIFE TOGETHER*”

Matthew 4:12 - When **Jesus** heard that John had been put in prison, he **withdrew** to Galilee.

Matthew 12:14 But the Pharisees went out and plotted how they might kill Jesus. 15 Aware of this, **Jesus withdrew** from that place.

Matthew 14:13 - When **Jesus** heard what had happened, he **withdrew** by boat privately to a solitary place.

Matthew 15:21 - Leaving that place, **Jesus withdrew** to the region of Tyre and Sidon.

Mark 3:7 - **Jesus withdrew** with his disciples to the lake,

Luke 5:16 - But **Jesus** often **withdrew** to lonely places and prayed.

Luke 9:10 - Then **he** took them with him and they **withdrew** by themselves to a town called Bethsaida,

John 6:15 - **Jesus**, knowing that they intended to come and make him king by force, **withdrew** again to a mountain by himself.

John 11:54 - Therefore **Jesus** no longer moved about publicly among the people of Judea. Instead he **withdrew** to a region near the wilderness, to a village called Ephraim, where he stayed with his disciples.

We must seek out the recreating stillness of solitude if we want to be with others meaningfully. We must seek the fellowship and accountability of others if we want to be alone safely. We must cultivate both if we are to live in obedience.

RICHARD FOSTER “*CELEBRATION OF DISCIPLINE*”

How?

2. BE YOURSELF

And pray in the Spirit on all occasions with **all kinds of prayers and requests**. With this in mind, be alert and always keep on praying for all the Lord's people.

Ephesians 6:18

How?

3. KEEP A JOURNAL

SILENCE

In the multitude of words sin is not lacking, But he who restrains his lips is wise.

Proverbs 10:19 NKJV

1 Guard your steps when you go to the house of God. Go near to listen rather than to **offer the sacrifice of fools**, who do not know that they do wrong. 2 **Do not be quick with your mouth**, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so **let your words be few**.

Ecclesiastes 5:1-2

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