



LIGHTENING YOUR LOAD

Running on Empty
Rick Warren

"If my misery could be weighed, if you could pile the whole bitter load on the scales, it would be heavier than all the sand of the sea! Is it any wonder that I'm howling like a caged cat?" Job 6:2-3 (MSG)

Jesus: "Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find. For the yoke I will give you is easy, and the load I will put on you is light." Matthew 11:28-30 (GNT)

HOW TO LIGHTEN YOUR LOAD

1. "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Matthew 11:28 (NLT)

"He gives power to the tired and worn out, and strength to the weak . . . they that wait upon the Lord shall renew their strength." Isaiah 40:29, 31 (TLB)

"Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace." Matthew 6:6 (MSG)

"The Spirit that God has given you does not make you slaves and cause you to be afraid; instead, the Spirit makes you God's children, and by the Spirit's power we cry out to God, 'Father! my Father!'" Romans 8:15 (GNT)

2. "Take my yoke upon you." Matthew 11:29 (NIV)

"For my yoke is easy, and my burden is light." Matthew 11:30 (NIV)

"For [my yoke] fits perfectly." Matthew 11:30 (TLB)

"Pile your troubles on God's shoulders—he'll carry your load, he'll help you out." Psalm 55:22 (MSG)

WHEN I'M "YOKED" WITH CHRIST, WE MOVE TOGETHER IN THE SAME _____ & THE SAME _____

"Since we live by the Spirit, let us keep in step with the Spirit." Galatians 5:25 (NIV)

"Our lives get in step with God . . . by letting him set the pace." Romans 3:28 (MSG)

"Say thank you to the Lord for being so good, for always being so loving and kind." Psalm 107:1 (TLB)

3. "Learn from me, for I am gentle and humble in heart, and you will find rest for your souls." Matthew 11:29 (NIV)

"Since the Lord is directing our steps, why try to understand everything that happens along the way?" Proverbs 20:24 (TLB)

"When I am ready to give up, he knows what I should do." Psalm 142:3 (GNT)

"[Jesus] personally carried the load of our sins in his own body when he died on the cross so that we can be finished with sin and live a good life from now on." 1 Peter 2:24 (TLB)

Next Steps

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SLOWING DOWN

Running on Empty
Rick Warren & Tom Holladay

EFFECTS OF A HURRIED LIFESTYLE

- ---

“Overwork makes for restless sleep.” Ecclesiastes 5:3 (MSG)
- ---

“My days go by faster than a runner; they fly away without my seeing any joy.”
Job 9:25 (NCV)
- ---

“Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.” Proverbs 21:5 (MSG)
- ---

“Be still, and know that I am God.” Psalm 46:10 (NIV)

WAYS TO SLOW YOUR PACE

1.

“Be wise enough not to wear yourself out trying to get rich.” Proverbs 23:4 (GNT)
“It is better to have only a little, with peace of mind, than be busy all the time with both hands, trying to catch the wind.” Ecclesiastes 4:6 (GNT)
“Slow down. Take a deep breath. What’s the hurry? Why wear yourself out? Just what are you after anyway? But you say, ‘I can’t help it. I’m addicted to (alien) gods. I can’t quit.’” Jeremiah 2:25 (MSG)
“A relaxed attitude lengthens a man’s life; jealousy rots it away.”
Proverbs 14:30 (TLB)
2.

“Everyone should be quick to listen, slow to speak and slow to become angry.”
James 1:19 (NIV)
“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 5:2 (NIV)
“Do you see someone who speaks in haste? There is more hope for a fool than for them.” Proverbs 29:20 (NIV)

3.

“You have six days in which to do your work, but the seventh day is a day of rest dedicated to me.” Exodus 20:9-10 (GNT)
“It’s useless to rise early and go to bed late, and work your worried fingers to the bone. Don’t you know [God] enjoys giving rest to those he loves?”
Psalm 127:2 (MSG)
4.

“Enthusiasm without knowledge is not good. If you act too quickly, you might make a mistake.” Proverbs 19:2 (NCV)
“A person in a hurry makes mistakes.” Proverbs 19:2 (GW)
“An impulsive vow is a trap; later you’ll wish you could get out of it.”
Proverbs 20:25 (MSG)
“If any of you needs wisdom to know what you should do, you should ask God, and he will give it to you.” James 1:5 (GW)
5.

“[God] does everything just right and on time, but people can never completely understand what he is doing.” Ecclesiastes 3:11 (NCV)
“These things I plan won’t happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, do not despair, for these things will surely come to pass. Just be patient! They will not be overdue a single day!” Habakkuk 2:3 (TLB)
“This vision is for a future time. It describes the end, and it will be fulfilled. If it seems slow in coming, wait patiently, for it will surely take place. It will not be delayed.” Habakkuk 2:3 (NLT)

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REBUILDING YOUR LIFE WHEN YOU'VE LOST EVERYTHING

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Rick Warren

Nehemiah: "I told them, 'You know full well the tragedy of our city; it lies in ruins and its gates are burned. Let us rebuild the wall of Jerusalem and rid ourselves of this disgrace!'" Nehemiah 2:17 (TLB)

"Then they answered, 'Let's start rebuilding.' So they began to work hard." Nehemiah 2:18 (NCV)

STEPS TO REBUILDING YOUR LIFE

1. RELEASE _____
"Floods of destruction swept over me. The grave wrapped its ropes around me; death laid a trap in my path. But in my distress I cried out to the LORD; yes, I prayed to my God for help." Psalm 18:4-6 (NLT)

"Pour out your heart to him, for God is our refuge." Psalm 62:8 (NLT)

2. RESIST _____
"Watch out that no bitterness takes root among you . . . it causes deep trouble, hurting many in their spiritual lives." Hebrews 12:15 (TLB)

- _____ **what cannot be changed**
- **Focus on what's** _____, **not what's lost**
- **Play it down and** _____ **it up**

3. REEVALUATE _____
"Life is not measured by how much you own." Luke 12:15 (NLT)

*"We brought nothing into the world, and we can take nothing out of it."
1 Timothy 6:7 (NIV)*

"What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?" Matthew 16:26 (NIV)

4. RECEIVE _____

"So it is with Christ's body. We are all parts of it . . . So we belong to each other, and each needs all the others." Romans 12:5 (TLB)

Best way: _____

5. RELY ON _____
"You, LORD, give true peace to those who depend on you." Isaiah 26:3 (NCV)

"I find rest in God; only he gives me hope." Psalm 62:5 (NCV)

"You are my shield, my wonderful God who gives me courage." Psalm 3:3 (NCV)

"I will bless the Lord who counsels me; he gives me wisdom in the night. He tells me what to do." Psalm 16:7 (NCV)

"God is my savior; I will trust him and not be afraid. The LORD gives me power and strength." Isaiah 12:2 (GNT)

"Come back to God Almighty and he'll rebuild your life." Job 22:23 (MSG)

6. REFUSE _____
Jesus: *"Stand firm, and you will win life." Luke 21:19 (NIV)*

7. REACH OUT _____

• **BY** _____
Samuel: *"Far be it from me that I should sin against the LORD by failing to pray for you." 1 Samuel 12:23 (NIV)*

• **BY** _____
*"If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?"
1 John 3:17 (NIV)*

• **BY** _____
*"By helping each other with your troubles, you obey the law of Christ."
Galatians 6:2 (NCV)*

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