

3 June 2007



# Take Time to Refuel

When Running on Empty! Part 1

*"... to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God." (Ephesians 3:19)*

## Why do I need to be refueled on a daily basis?

1. **Emptiness** \_\_\_\_\_  
(Jeremiah 6:16)
2. **I have** \_\_\_\_\_ **that wants to be filled**  
(Matthew 16:26)
3. **My soul filling is** \_\_\_\_\_  
(2 Corinthians 5:6-7)

## Every Day I Need to:

1. \_\_\_\_\_ (Habakkuk 2:1)
2. \_\_\_\_\_ (1 Kings 19:11-12)
3. \_\_\_\_\_

## STOP—BE QUIET—MAKE A CONNECTION

### Some suggestions:

1. Choose a passage of Scripture and repeat it until you memorize it.
2. Read one Psalm a day. Pray the Psalm back to God.
3. If you've never read the Bible begin with the Gospel of Matthew.
4. Read one chapter of Proverbs a day for 31 days.
5. When you read the Gospels, imagine yourself as one of the people in the story; record how you would feel and respond.
6. Begin a journal page with, "Yesterday, I..." Then list everything you did yesterday (the places you went, the people you talked to, and the things you did) and see if God was trying to get your attention for anything.
7. Begin by making a list of things you are thankful for.
8. As you read your Bible write down favorite verses on index cards; keep these cards in a place where you'll see them often.
9. Get a notebook and copy an entire book of the Bible by hand.
10. Use Psalm 23 or 139 as a prayer.
11. Write your prayers in a journal.
12. Listen again to a sermon on [www.ibcchurch.com/sermondowloads](http://www.ibcchurch.com/sermondowloads).
13. Pray for a friend's salvation for one minute every day for 30 days.
14. Use a world map and pray for the people of a different country for one minute every day.
15. Write out a letter of confession to God.
16. Make a list from A to Z of things that you are thankful for.
17. Rewrite passages from the Bible in your own words.
18. Study the Bible with a Commentary and/or Bible Dictionary.
19. Read a Daily Devotional Book.
20. Read and reflect on a good Christian book:  
The Pursuit of God, A.W. Tozer  
Purpose Driven Life, Rick Warren  
Fresh Wind, Fresh Fire, Jim Cymbala