

Running On Empty
How To Keep Going When You Want To Quit

Beware _____

How do you look at the _____ **in your life?**

Personal: Nothing good happens for me

Purposeless: There's no purpose in all this

Permanent: Nothing will ever get better

Step 1: I choose to view all pain _____

Hebrews 12:8 *Endure hardship as discipline; God is treating you as his children....*

Key: _____ **has a purpose in God's hands**

Step 2: _____

Key: **Father, what do you want me to** _____ **?**

Hebrews 12: 11 *No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

Step 3: I claim God's promise to _____

Romans 8:28 *And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

Key: **God never** _____ **painful experience**

Prayer: *Father, I look forward to seeing how you will bring good from this painful experience.*

Step 4: I remember that God will _____

Psalms 23:1-3 *The LORD is my shepherd; there is nothing I lack. In green pastures he makes me lie down; to still waters he leads me; he restores my soul.*

What are the 3 most painful things in your life right now?

_____ = Father, what can I learn from this?

_____ = Father, what can I learn from this?

_____ = Father, what can I learn from this?

Prayer of faith: *Father, I look forward to seeing how you will bring good from this painful experience.*

Prayer of faith: *Father, I'm looking to you to restore my soul.*

Hebrews 10:33-34 *Sometimes you were exposed to public ridicule and were beaten, and sometimes you helped others who were suffering the same things. You suffered along with those who were thrown into jail, and when all you owned was taken from you, you accepted it with joy. You knew there were better things waiting for you that will last forever.*

2 Corinthians 1:3-4 *Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.*

John 5:17-19 *But Jesus replied, "My Father is always working, and so am I." So the Jewish leaders tried all the harder to find a way to kill him. For he not only broke the Sabbath, he called God his Father, thereby making himself equal with God. So Jesus explained, "I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing. Whatever the Father does, the Son also does.*

Isaiah 30:20 *Though the Lord gave you adversity for food and suffering for drink, he will still be with you to teach you. You will see your teacher with your own eyes.*