

July 11th- 17th

Empty Tanks & Broken Banks

In this lesson you will learn three ways to keep your cup full.

Intro: How full is your cup? Everyone is running out of something. You could be running out of; joy, peace, rest, fun, excitement, health, finances, or faith. Even Jesus allowed the wedding feast in Cana of Galilee reach the place of running out of wine (John 2:3). He didn't stop it from happening. It is part of life to run out. God allows us to reach those places of exhaustion and frustration so we can learn to depend on Him during those times of deficiencies. We must learn to run to Him in our times of brokenness and insufficiency.

I. A Thankful Spirit

- A. A grateful spirit keeps your tank from leaking empty. The good that God has placed in your life exceedingly supersedes and far outweighs the bad in your life. You have way more blessings than you have burdens. The enemy's plan is to get you so focused on what you don't have and to magnify the need. It is in your power to focus on what's right in your life and take time out to appreciate what God has done, and his goodness in your life (Psa 136:1-26).

II. Enjoy the Journey

- A. Take time to notice and appreciate the season of life you are in right now. The journey is more important than the destination. Learn to live life at the pace that is best for you in this season. Don't try to live at the pace of previous seasons, or compete with other people in different seasons. Different seasons require different speeds. God has a perfect grace for your pace in your own personal season. Recognize your season and embrace it (Eccl 3:1).

III. Take Time to Rest

- A. Take time to pause to celebrate and observe God's goodness and faithfulness in your life on a regular basis. We have to remember to stop, because we have to stop in order to remember. In the book of Genesis, God the Father took time to stop after each day of creation to pause and appreciate what had been accomplished (Gen1:31). God calls us to do the same thing in our lives. We need to take time to stop, and appreciate what God has done and recharge as we pause and reflect.

Discussion Questions

1. Are you focused on the wrongs in your life, or on what is going right in your life?
2. Are you enjoying the journey and the process that God has you in?
3. When do you take time to pause and reflect?