

## “How To Slow Down and Fill Your Tank”

Series: Living Life On Empty

### Big Idea: Without Christ Life Is Empty

colossians2/9>t0TM

#### Running Hard Empties My Tank

##### \*More Stress

Over-work makes for restless sleep” ecclesiastes5/3theMessage

##### \*Less Joy

“My days go by faster than a runner; they fly way without my seeing any joy.”  
job9/25ncv

##### \*Less Productive

“Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.” proverbs21/5theMessage

##### \*Less God Awareness

“Be still, and know that I am God.” psalm46/10

#### How To Fill My Tank

##### \*Don’t Covet

“Don’t wear yourself out to get rich; have the wisdom to show restraint.”  
proverbs23/4

“A relaxed attitude lengthens a man’s life; jealousy rots it away.” proverbs14/30

##### \*Rest

“You have six days in which to work, but the seventh day is a day of rest dedicated to Me.” exodus20/9>10gn

##### \*Pause

“An impulsive vow is a trap; later you’ll wish you could get out of it.”  
proverbs20/25theMessage

##### \*Trust

“...God does everything just right and on time, but people can never completely understand what He is doing.” ecclesiastes3/11ncv

## Fusion Group Study Guide

This Fusion Group study guide is designed to help you apply the message to your life and grow in Christian maturity. We encourage you to make it a priority to be part of a Fusion Group on a regular basis. Our Fusion Groups are where faith and practice, where friendships with others, where learning and lifestyle are Fused Together. You can listen to our messages on our website: [www.acts176.com](http://www.acts176.com) by clicking on the “Resources” link. You can get info about our Fusion Groups from our website as well, or by emailing [info@acts176.com](mailto:info@acts176.com).

**Celebrate** (celebrating who God is, and what He is doing)

#### Read Philippians 4:4-7

1. We are so quick to focus on the things that aren’t going right, but how can you rejoice in what God has done?
2. What do you need to remove, stop doing, etc. so that you can make time to rest?
3. How has God blessed you recently?
4. How has God come through in the past?

**Contribute** (contributing to God, His Church, and others)

1. How has not intentionally finding time to rest hindered your ability to serve God and others?
2. How can serving God and others fill your tank?

**Connect** (connecting with God and others)

1. Has the economy and/or stress affected your relationship with God? If so, how?

#### Read Matthew 6:31-34

2. When we put God first, what has God promised to do?
3. Looking back on how God has come through in the past, how can you live your life trusting that God is in control?

**Create** (Creating other Christ Followers, and creating God’s Kingdom on earth)

1. How can you demonstrate a life of trusting in God to others?
2. Do you know someone in your life who is on empty? If so, how can you help them re-fill their tank?
3. Who needs to hear a story of God’s faithfulness this week? (maybe a story from your past where God delivered you)