

# KEEPING YOUR TANK FILLED INSTEAD OF RUNNING ON EMPTY

Living On A Margin – Part 9

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## 10 REASONS YOU RUN OUT OF GAS

All are parallels to your life

1. Not starting out \_\_\_\_\_
2. Being \_\_\_\_\_ to pause and refuel.
3. Unaware of \_\_\_\_\_ that are draining me.
4. Ignoring the \_\_\_\_\_ and pushing my car farther than it was created to go.
5. \_\_\_\_\_ The faster I drive, the faster I run out of gas.
6. Being distracted and \_\_\_\_\_  
(Or not believing them!)
7. Being \_\_\_\_\_ The more I carry, the sooner I run out of gas. Lying to myself “I can handle this!”
8. \_\_\_\_\_ Rapid acceleration wastes gas.
9. Pride: Thinking the \_\_\_\_\_ don’t apply to me.
10. No margin: \_\_\_\_\_

## HOW TO KEEP YOUR TANK FILLED

Jesus said, “IF YOU ARE TIRED from carrying heavy burdens, COME to me and I will give you rest. TAKE my yoke upon you, and LEARN from me, for I am gentle and humble in spirit, and you will find REST FOR YOUR SOUL. For the yoke I share with you is EASY to wear and the load is LIGHT.”

Matthew 11:28-30

1. \_\_\_\_\_  
“IF YOU ARE TIRED from carrying heavy burdens . . .” Matthew 11:28a

2. \_\_\_\_\_  
“COME to me and I will give you rest.” Matthew 11:28b

“He gives power to those who are tired and worn out; he offers strength to the weak . . . Those who wait on the LORD will find new strength.”  
Isaiah 40:29, 31 (NLT)

3. \_\_\_\_\_  
“TAKE my yoke upon you . . .” Matthew 11:29a
  - The purpose of a “YOKE” is to \_\_\_\_\_  
“For my yoke is easy, and my burden is light.” Matthew 11:30  
“For my yoke fits perfectly” (NLT)
  - “Pile your troubles on God’s shoulders. He’ll carry your load and help you out.” Psalm 55:22 (Mes)
  - When I’m “yoked” with Jesus, we move together in the same \_\_\_\_\_ & the \_\_\_\_\_  
“Since we live by the Spirit, let us keep in step with the Spirit.” Galatians 5:25  
“Our lives get in step with God by letting Him set the pace.” Romans 3:28 (Mes)
4. \_\_\_\_\_  
“. . . LEARN from me; for I am gentle and humble in heart, and you will find rest for your souls.” Matthew 11:29b
  - Gentle & Humble Antidotes to 2 Causes of Stress  
Aggression; We don’t wait, pause, or consider  
Arrogance; We try to control everything
  - “Since the Lord is directing our steps, why try to understand everything that happens along the way” Proverbs 20:24 (LB)
  - “When I am ready to give up, He knows what I should do.” Psalm 142:3 (TEV)
5. \_\_\_\_\_  
“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 (Mes)
6. \_\_\_\_\_  
“Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more . . .” Heb. 10:25 (TEV)  
“The church is Christ’s body and it is FILLED with Christ who completely FILLS everything else.” Ephesians 1:23 (CEV)