

## HOW TO KEEP YOUR TANK FILLED INSTEAD OF RUNNING ON EMPTY

Strategies For Stressful Times  
Rick Warren

### 10 REASONS YOU RUN OUT OF GAS

1. NOT STARTING OUT \_\_\_\_\_
2. BEING \_\_\_\_\_ TO STOP AND REFUEL
3. IGNORING THE \_\_\_\_\_ AND PUSHING MY CAR FARTHER THAN IT WAS CREATED TO GO
4. BEING UNAWARE OF \_\_\_\_\_ THAT ARE DRAINING ME
5. BEING \_\_\_\_\_  
The faster I drive, the faster my tank empties
6. NOT \_\_\_\_\_
7. BEING \_\_\_\_\_
8. ASSUMING THE \_\_\_\_\_ DON'T APPLY TO ME
9. NOT KNOWING WHERE TO FIND A FILLING STATION
10. NOT KNOWING HOW TO REFILL MY TANK

### HOW TO KEEP YOUR TANK FILLED

*"If you are tired from carrying heavy burdens, come to me and I will give you rest. Take the yoke I give you. Put it on your shoulders and learn from me. I am gentle and humble, and you will find rest . . . This yoke is easy to bear, and this burden is light."*  
Matthew 11:28, 30 (CEV)

1. \_\_\_\_\_  
Solomon: "The Lord gave us a mind and conscience; we cannot hide from ourselves . . . Sometimes it takes a painful experience to make us change our ways!"  
Proverbs 20:27, 30 (GNT)

Lost Son: "he wasted everything he had. After he had gone through all his money, there was a bad famine all through that country and he began to feel it. He signed

on with a citizen there who assigned him to his fields to slop the pigs. He was so hungry he would have eaten the corn-cobs in the pig slop, but no one would give him any. That brought him to his senses. He said, 'All those farmhands working for my father sit down to three meals a day, and here I am starving to death. I'm going back to my father.'" Luke 15:14-20 (MSG)

2. \_\_\_\_\_!  
"If you are tired from carrying heavy burdens, come to me and I will give you rest."  
Matthew 11:28 (CEV)

"He gives power to the weak and strength to the powerless." Isaiah 40:29 (NLT)

3. \_\_\_\_\_!  
"Take my yoke upon you." Matthew 11:29 (NLT)

THE PURPOSE OF A "YOKE" IS TO \_\_\_\_\_

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

"Pile your troubles on God's shoulders—he'll carry your load and help you out."  
Psalm 55:22 (MSG)

When you are "YOKED" with Jesus, you move together in the same direction and the same pace!

"Let us keep in step with the Spirit." Galatians 5:25 (NIV)

"Our lives get in step with God . . . by letting him set the pace."  
Romans 3:28 (MSG)

4. \_\_\_\_\_  
"Learn from me, for I am gentle and humble in heart, and you will find rest for your souls." Matthew 11:29 (NIV)

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 (TLB)

"When I am ready to give up, he knows what I should do." Psalm 142:3 (GNT)

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 (MSG)

6.

---

*“Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more.” Hebrews 10:25 (GNT)*

### *Next Steps*

Visit **PastorRick.com** for more Bible teaching and to sign up for the daily devotional.

Did you pray and give your life to Jesus for the first time today? Email **Rick@PastorRick.com** for free tools to help you on your spiritual journey!

Has Daily Hope helped you? Share your story with Pastor Rick at **Rick@PastorRick.com**

Help Daily Hope reach more people with the certain hope of Jesus! Give now at **Donate.PastorRick.com**