

# REPLENISHING YOUR SOUL?

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## INTRODUCTION:

*Instead, be filled (and keep on being filled) with the Holy Spirit.*

– Ephesians 5:18b

B. Why? We need it as we “pour ourselves out” in service.

## I. WARNING: YOUR SPIRITUAL GAS TANK IS LOW. WHY?

- A. We start out with less than a full tank.
- B. Not paying attention to your gauges. You have three...
- C. We think our tank is bigger than it is...“I don't need re-filling.”
- D. Being too busy to stop and refuel.
- E. Being unaware of hidden leaks that are draining you.

## II. FILLER UP!

A. Face the facts...your tank needs filling.

***Then Jesus said, “Come to me all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you...and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”*** – Matthew 11:28-30

- Do we have to get fed up with how low we feel?

***Solomon: “The Lord gave us a mind and conscience so we cannot hide from ourselves...***

***But sometimes it takes a painful experience to make us change our ways.”*** – Proverbs 20:27, 30

***Lost Son: ...he wasted everything he'd been given on foolish living until he was broke, miserable, and starving. He had to get a job feeding pigs and he became so hungry that he was willing to eat the pig's food. But finally, he came to his senses and he said to himself, “Why am I living like this? At my father's home, even the hired servants eat better than I do!”*** So, he decided to get up and go home to his father. – Luke 15:14-20

B. Seek out Jesus.

***“If you're tired from carrying heavy burdens, come to me and I will give you rest.”*** – Matthew 11:28  
***He gives power to those who are tired and worn out; He offers strength to the weak...***

– Isaiah 40:29

- What are you reaching out to connect to in your need?

❖ We know we are connected with Jesus when...

***“Take my yoke upon you... For my yoke is easy and my burden light.”***

– Matthew 11:29-30

❖ Yoked: Same direction and pace!

***...let us keep in step with the Spirit.***

– Galatians 5:25

***Pile your troubles on God's shoulders. He'll carry your load and help you out.***

– Psalm 55:22

C. It's an experience of trust.

***“...learn from me; for I am gentle and humble in heart, and you will find rest for your souls.”***

– Matthew 11:29b

- What affects our trust?

❖ 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

D. Get filled up first.

***“Find a quiet and secluded place....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 (be filled up with) His grace.”***

– Matthew 6:6

## CONCLUSION: