

Running on Empty Take the Pressure Off

Mission Statement: To take as many people to Heaven as we can before we die. Period.

Learn to be content.

“...for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.”

Philippians 4:11-13 NIV

Your Outward Pace is directly tied to your Inner Peace.

3 Major myths of our culture that lead to a hurried lifestyle:

Myth #1. Having more will make me more happy.

1. Choose to be happy without having to need more stuff.

“Do not wear yourself out to get rich; have the wisdom to show restraint.”

Proverbs 23:4 NIV

“It is better to have only a little, with peace of mind, than be busy all the time with both hands, trying to catch the wind.” **Ecclesiastes 4:6 TEV**

Myth #2. Doing more will make me more important.

2. Find your approval in Christ, not activity.

“Better to have one handful with quietness than two handfuls with hard work and chasing the wind.” **Ecclesiastes 4:6 NLT**

“Slow down. Take a deep breath. What's the hurry? Why wear yourself out? Just what are you after anyway? But you say, 'I can't help it. I'm addicted to (false) gods. I can't quit.'” **Jeremiah 2:25 MSG**

Myth #3. Life is a competition with other people.

3. Stop comparing your life to others.

“A relaxed attitude lengthens a man's life; jealousy rots it away.” **Proverbs 14:30 NLT**

Let the Word of God fill you now...

1. Be filled with expectation. God will fulfill what He promised.

Not one of all the LORD's good promises to Israel failed; every one was fulfilled. **Joshua 21:45 NIV**

For all the promises of God find their Yes in him. That is why it is through him that we utter our Amen to God for his glory. **2 Corinthians 1:20 ESV**

“Yes indeed, it won't be long now.” “Yes indeed, it won't be long now.” God's Decree. “Things are going to happen so fast your head will swim, one thing fast on the heels of the other. You won't be able to keep up. Everything will be happening at once—and everywhere you look, blessings! Blessings like wine pouring off the mountains and hills. I'll make everything right again for my people God's Decree. “Things are going to happen so fast your head will swim, one thing fast on the heels of the other. You won't be able to keep up. Everything will be happening at once—and everywhere you look, blessings! Blessings like wine pouring off the mountains and hills. I'll make everything right again for my people.” **Amos 9:13-15 MSG**

2. So believe God enough to take massive action.

The Lord your God will clear away these nations before you little by little. You may not make an end of them at once, lest the wild beasts grow too numerous

for you. But the Lord your God will give them over to you and throw them into great confusion, until they are destroyed. **Deuteronomy 7:22-23 ESV**