

Running on Empty

Cracked – Part I

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” Matthew 11:28-29 (NIV)

How Jesus Refills Us

(John 20:19-22)

1) He steps into our fears.

“It was late that Sunday evening, and the disciples were gathered together behind locked doors, because they were afraid of the authorities. Then Jesus came and stood among them...” vs. 19a (TEV)

(Joshua 1:9)

2) He gives us what we need not what we deserve

“...then Jesus said ‘Peace be with you!’” vs. 19b

(Philippians 4:6-7)

3) He reminds us of His love.

“As he spoke, he showed them the wounds in his hands and his side. They were filled with joy when they saw the Lord!” vs. 20 (NLT)

(Romans 5:8)

4) He gives us a mission and the power to complete it.

“Again he said, ‘Peace be with you. As the Father has sent me, so I am sending you.’ Then he breathed on them and said, ‘Receive the Holy Spirit.’” vs. 21-22 (NLT)

(Galatians 5:22-23)