

**Word on Wednesday Bible Study**  
**How to Keep Your Tank Filled Instead of Running on Empty**  
**Strategies for Stressful Times – Part 4**

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**10 Reasons You Run Out of Gas**

1. Not starting out with \_\_\_\_\_
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 \_\_\_\_\_ to my gauges
7. Being \_\_\_\_\_
8. Assuming the \_\_\_\_\_ don't apply to me
9. Not knowing where to find a \_\_\_\_\_
10. Not knowing how to \_\_\_\_\_

**HOW TO KEEP YOUR TANK FILLED**

“Jesus said, ‘If you’re TIRED from carrying heavy burdens COME to me and I will give you rest. TAKE my yoke upon you, then 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 it makes the load is LIGHT.’”

Matthew 11:28- 30

**1. GET FED UP WITH HOW I'VE BEEN \_\_\_\_\_**

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 (GN)

*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

## 2. COME TO JESUS!

“Jesus said, ‘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 (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.”*

*“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*

*“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 11:29b

### **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 (GN)

## 5. \_\_\_\_\_

“Find a quiet, secluded place so you won't be tempted to roleplay 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 (GN)