

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 _____ out with a full tank.
2. Being too busy to stop and refuel.
3. Ignoring the owner's manual and pushing my car farther than it was created to go.
4. Being unaware of _____ that are draining me.
5. Being in a hurry.
The faster I drive, the faster my tank empties
6. Not paying attention to my gauges.
7. Being overloaded.
8. Assuming the _____ of my tank 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

"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 (GNT)

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. **Give up _____**
"TAKE my yoke upon you . . ." - Matthew 11:29a

The purpose of a "YOKE" is to lighten the load by sharing.
"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 (The Message)

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 (The Message)
4. **Learn to _____**
". . . 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 (GNT)
5. **Start every day by filling my tank**
"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 (The Message)
6. **Stay _____ to my spiritual family**
"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)

1. starting 2. hidden leaks 3. limits 4. feeling 5. control 6. trust 7. connected

如何保持能量充沛，而不致透支

應對壓力的策略—第四部
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令你耗盡精力的十個原因

1. 油缸未滿就_____。
2. 忙碌得無法停下來加油。
3. 無視車主手冊，逼車子超出它可行駛的距離。
4. 察覺不到正在消耗我精力的_____。
5. 奔波勞碌。
我開得越快，汽油就會越快耗盡。
6. 沒有留意油錶。
7. 負荷過多。
8. 誤以為自己不受油缸容量的_____。
9. 不知哪裏可找到加油站。
10. 不知如何注滿自己的油缸。

如何保持能量充沛

“耶穌說：「若你們因背負重擔而疲乏，到我這裏來吧！我必使你們得安息。你們應當負我的軛，向我學習，因我心裏溫柔謙卑，你們就必得着心靈的安息；因我與你同負的軛是容易負的，我的擔子是輕省的。」”

- 馬太福音 11:28, 30 (新譯本/意譯)

1. 要厭棄自己一直以來的_____

所羅門：“上主賜給我們心智和良心，誰也無法隱瞞自己…有時候，痛苦的經驗才能令我們改變。”

- 箴言 20:27, 30 (現中修訂版/GNT 意譯)

迷失的兒子：“…他揮霍無度，過放蕩的生活。當他一貧如洗，忍飢挨餓的時候，他只好找一份餵豬的工作，他飢餓難忍，恨不得拿豬糞來吃。最後，他醒悟過來，對自己說：「我為甚麼要這樣生活呢？在我父親的家裏，連雇工都吃得比我好。」於是決定回到父親那裏。”

- 路加福音 15:14-20 (意譯)

2. 來到耶穌面前

“耶穌說：「若你們因背負重擔而疲乏，到我這裏來吧！我必使你們得安息。」”

- 馬太福音 11:28 (新譯本/意譯)

“疲乏的，他賜能力；軟弱的，他加力量。” - 以賽亞書 40:29 (和合本)

3. 交出_____

“你們應當負我的軛…” - 馬太福音 11:29 上 (新譯本)

「軛」的作用，是藉着分擔來減輕負擔

“我的軛是容易負的，我的擔子是輕省的。” - 馬太福音 11:30 (新譯本)

“我的軛是合適的。” - 馬太福音 11:30 (新漢語譯本)

把你的煩惱都堆在上帝的肩膀吧，他必負起你的重擔，幫助你。”
- 詩篇 55:22 (信息版意譯)

當我與耶穌同負一軛時，我們一起朝着同一方向、以同一速度前進！

“…就讓我們靠著聖靈行走。” - 加拉太書 5:25 (中文標準譯本)

“透過讓上帝定下步調，我們的生命就會與祂步伐一致。”
- 羅馬書 3:28 (信息版意譯)

4. 學會_____

“…向我學習，因我心裏溫柔謙卑，你們就必得着心靈的安息。”
- 馬太福音 11:29 下 (新譯本/意譯)

溫柔和謙卑是兩種壓力來源的解藥

野心：我們不想等待、不會停下來、不會為任何事設想
傲慢：我們試圖掌控一切

“上主引領我們的腳步，何必尋問途中的一切？” - 箴言 20:24 (新普及譯本)

“當我準備放棄的時候，他知道我該做的事。”
- 詩篇 142:3 (現中修訂版/GNT 意譯)

5. 每天都從注滿油缸開始

“找一個安靜、隱密的地方，好讓你不會想要在上帝面前扮演角色。在那裏盡可能簡單和誠實，把焦點從自己轉到上帝身上，你就會開始感受到祂的恩典。”

- 馬太福音 6:6 (信息版意譯)

6. 與我的屬靈家庭保持_____

“讓我們不要放棄聚會的習慣，好像有些人一樣；卻更加要互相勸勉…”
- 希伯來書 10:25 (GNT 意譯)