

# Keeping Your Tank Filled

*Series: From Burnout to Balance*

## 10 REASONS YOU RUN OUT OF GAS - All are parallels to your life

1. Not starting out with a full tank.
2. Being too busy to pause and refuel.
3. Unaware of hidden leaks that are draining me.
4. Ignoring the owners manual and pushing my car farther than it was created to go.
5. Hurry. The faster I drive, the faster I run out of gas.
6. Being distracted and not watching my gauges (Or not believing them!)
7. Being overloaded. The more I carry, the sooner I run out of gas.
8. Pressure to do it NOW! Rapid acceleration wastes gas.
9. Pride: Thinking the limits of my tank don't apply to me.
10. No margin: Not allowing for time to fill up.

## **HOW TO KEEP YOUR TANK FILLED: R.E.L.A.X.**

- ① **REALIZE YOUR WORTH**.  
(James 1:18 NLT, Matt 6:26, Jeremiah 1:5 NLT)
- ② **ENJOY WHAT YOU ALREADY HAVE**.  
(Eccl 3:13 NLT, Eccl 4:6 GN)
- ③ **LIMIT YOUR LABOR AND ACTIVITIES**.  
(Eccl 10:15 GN, Exodus 20:9-10 GN, Mark 2:27 NLT)
- ④ **ADJUST YOUR VALUES**.  
(Eccl 4:4 NLT, Mark 8:36 NLT)
- ⑤ **EXCHANGE YOUR PRESSURE FOR GOD'S PEACE**.  
(Matt 11:28-29, Philippians 4:6-7 NLT)

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1. Not starting out \_\_\_\_\_
2. Being \_\_\_\_\_ to pause and refuel.
3. Unaware of \_\_\_\_\_ that are draining me.
4. Ignoring the \_\_\_\_\_ and pushing my car farther than it was created to go.
5. \_\_\_\_\_ The faster I drive, the faster I run out of gas.
6. Being distracted and \_\_\_\_\_ (Or not believing them!)
7. Being \_\_\_\_\_ The more I carry, the sooner I run out of gas.
8. \_\_\_\_\_ Rapid acceleration wastes gas.
9. Pride: Thinking the \_\_\_\_\_ don't apply to me.
10. No margin: \_\_\_\_\_.

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