

Devotional: Are You Running Out of Gas?

What Are Some Reasons We Run Out of Gas - Focus for the Week:

Each day we will break down a couple reasons we run out of gas and how that reflects our spirituality and moving forward.'

- **You Thought You Had Fuel but You Don't**
- **Too Busy to Stop and Refuel**

“He gives power to the faint, and to him who has no might he increases strength.” — Isaiah 40:29 (ESV)

Life moves fast. Work, family, church, school, sports — it's easy to keep driving forward, thinking we're fine. We believe we have enough strength stored up inside us.

But then, one day, life throws something hard at us — stress, sickness, disappointment, grief — and we realize: our tank is empty.

Isaiah reminds us that God is not surprised when we run out of strength. He doesn't shame us for being tired. Instead, He offers His strength freely to those who admit they're faint.

God doesn't ask you to hustle harder. He asks you to pull over, be still, and let Him refill you. You need only acknowledge your need for His power.

Refueling looks like:

- Setting aside time to pray.
- Reading God's Word daily.
- Gathering with believers.
- Pausing to rest, trusting God to work.

Today, don't keep running on fumes. God's station is always open. His fuel never runs out.

Stop. Rest. Refuel.

Prayer:

“God, fill my empty places with Your strength. Help me slow down, admit my need, and receive Your grace today. It’s often mentioned in the Bible to ‘Come to Jesus,’ yet we overlook that calling or we ask you to take a break and tell you we will be right back. We are tired of carrying this load alone. We need you more than ever. You tell us to Come to You; Here I am Lord. Ready and willing. In Jesus' Name We Pray, Amen.”

Discussion Questions:

1. When was a time you realized you were running on empty spiritually or emotionally?
2. What are some warning signs that you might be getting low on "fuel"?
3. Why do you think we sometimes keep going instead of stopping to refuel with God?
4. What "means of grace" (prayer, Scripture, communion, worship, small group) helps you personally refill best?
5. What is one small step you could take this week to let God refill you?
6. Isaiah 40:29 says God "increases strength" to those who have none. What does that teach us about God’s heart?