

Devotional: Is Your Gas Tank Empty?

Scripture Focus

“He gives power to the faint, and to him who has no might he increases strength.”

— Isaiah 40:29 (ESV)

Devotional

Have you ever pushed your car past its limits — ignoring maintenance, skipping oil changes, never checking the tires? Or maybe you drove miles with a hidden leak in your gas tank, only to break down unexpectedly.

Spiritually, we often treat ourselves the same way.

Isaiah 40 speaks to people who were weary — tired not just in body but in spirit. They were exiled, burdened, and losing hope. God, through the prophet, reminds them that He never grows tired — and better yet, He gives strength to those who admit they’re weak.

Let’s look at two ways we find ourselves running on empty:

1. Ignoring the Owner’s Manual

Every car comes with one. So does life — it’s called the Word of God. And right there in the middle of God’s rhythm for life is the command to rest: the Sabbath. God didn’t create Sabbath to burden us — He created it to bless us. It’s a divine pit stop.

But many of us push past the “manufacturer’s specs.” We work through rest days. We say yes to everything. We even skip church or worship, thinking we’ll catch up later. But running nonstop isn’t holy — it’s harmful.

John Wesley taught that spiritual discipline — including worship, rest, and community — is a means of grace. When we ignore these rhythms, we slowly drain our souls. Sabbath isn’t just about stopping work. It’s about starting worship — a time for God to refill us.

2. Unaware of Hidden Leaks

Sometimes, we’re doing all the right things — reading Scripture, praying, going to church — but we’re still exhausted. Why? Because there are leaks in our tank.

Sometimes those leaks are relationships that constantly drain us with drama, criticism, or conflict. Other times, it's responsibilities — when we're overcommitted, saying yes to everything and everyone but God.

Even Jesus took time away from the crowds. If the Son of God needed space to rest and pray, so do we. And if we're leaking energy faster than we're being filled, maybe it's time to check the spiritual hoses.

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

Stop. Rest. Refuel.

Your individual Prayers could start with:

- “God, I’m tired and I need...”
- “God, refill me with...”
- “God, help me let go of...”

Prayer

God, I confess I've been running on empty. I've pushed past Your limits and ignored Your design for rest and renewal. I've let people and pressures drain me. Teach me to honor Your Sabbath, to rest in Your presence, and to recognize the leaks in my life. Fill me again with Your strength. In Jesus Name We Pray. Amen.

Reflection Questions:

- What spiritual “maintenance” have you been putting off?
- Are you honoring the Sabbath — not just with rest, but with worship?
- Are there relationships or responsibilities God is asking you to set boundaries around?
- How might God want to “increase your strength” this week?

