

Devotional: Lost, Low, and Looking for Fuel

Day Five Running Out of Gas

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

RUNNING ON EMPTY

Running on empty is hard. But it's even harder when you don't know where to go to fill back up — or worse, when you're not sure how to.

We've all had that moment on a road trip: low on gas in an unfamiliar place, hoping the next exit has a station. It's stressful. You start praying. Watching the gauge. Slowing down. And sometimes in life, we feel that spiritually. We're drained, but we don't know where to go. We haven't been to church in a while. We're out of rhythm. We feel disconnected.

Church is God's filling station. Not just the building, but the people. The songs. The Scripture. The silence. The encouragement. The reminder that we are not alone and that grace is still available. You may not even feel like going when you're empty — but that's often when you need it most.

DON'T KNOW HOW TO REFUEL AND REFILL YOUR TANK

Then there are times when we're like new drivers. We don't even know how to fill the tank. We're spiritually new or in a new season — and we feel lost. Maybe prayer feels foreign, or the Bible seems confusing. It's like driving a rental car and not knowing where the gas tank is or how to open it. Or maybe, like in Oregon or New Jersey, you find yourself in a place where you're not even allowed to pump it yourself — you need someone else's help.

That's OK. That's why the church exists. To come alongside one another. To teach. To pray. To show the way. There's no shame in not knowing — only in pretending we don't need help.

God's promise in Isaiah isn't for the strong who figure it all out. It's for the faint, the confused, the wandering. He gives strength. He fills the tank. And often, He does that through His people.

Prayer

God, sometimes we feel lost and low. We don't always know where to go or how to fill up. Thank You for the gift of the church, for the people who walk with us, and for the grace that meets us even when we're empty. Teach us how to rest, how to receive, and how to refill. Lead us to the right places and people. In every circumstance remind us to Come to Jesus. In Jesus' name we pray, amen

Discussion Questions

- Have you ever gone through a season when it felt like you couldn't find a spiritual gas station (a church home or connection)?
 - What's your current "fuel level" — full, half, low, or running on fumes?
 - If you're new to faith or in a new season, what's something that's confusing or intimidating about spiritual practices (prayer, Bible, church)?
 - Who in your life helps "pump your gas" spiritually when you can't do it yourself?
 - What step can you take this week to find or return to your spiritual filling station?
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