

## COPING IN CRISIS

### Day 1: When the Tank Is Empty

**Scripture:** “*My grace is sufficient for you, for my power is made perfect in weakness.*” — 2 Corinthians 12:9

There’s a particular kind of stress that hits when your gas light comes on.

You start doing mental math—*How far can I go? Can I make it to the next station? What if I don’t?* Every mile feels heavier. Every sound from the engine makes you wonder if you’ve pushed it too far.

Now take that feeling—and apply it to your soul.

Crisis has a way of draining everything at once. It’s not just one thing—it’s everything stacked on top of each other. Grief takes your emotional energy. Anxiety drains your mental clarity. Stress wears down your body. Before long, you’re running on fumes in every area of life.

And the hardest part? Life doesn’t stop just because you’re empty.

Responsibilities are still there. People still need you. Decisions still have to be made. So you try to push through. You dig deeper, searching for something—anything—left in the tank.

But eventually, you come to a hard truth: there’s nothing left to pull from.

That's the moment most of us resist—the moment of weakness.

We've been taught to be strong, to hold it together, to figure it out. Weakness feels like failure. Like we've somehow come up short.

But Scripture flips that idea completely upside down.

God doesn't say, "Get stronger so I can help you."

He says, "*My power shows up best when you stop pretending you are.*"

Your emptiness is not a liability—it's an invitation.

The Apostle Paul, who wrote this verse, wasn't speaking from comfort. He was dealing with something he called a "thorn"—a persistent hardship he begged God to remove. Three times he asked. Three times God didn't take it away.

Instead, God gave him something different: *grace that was enough.*

Not grace that removed the struggle—but grace that sustained him through it.

That's important.

We often pray for God to fill our tank by changing our situation. But many times, He fills our tank by strengthening our spirit instead. The circumstances may not shift immediately—but your capacity to endure them does.

Think of it this way:

God doesn't just refill you to your previous level—He becomes your ongoing supply.

So instead of living from one “full tank” moment to the next, you begin to live connected to Him daily, moment by moment.

This changes how you approach crisis.

Instead of asking, *“How am I going to get through this?”*

You begin asking, *“God, how are You going to sustain me in this?”*

There's a difference.

One depends on your strength.

The other depends on His.

And His doesn't run out.

If you're honest today, you might feel depleted. Emotionally spent. Spiritually dry. Physically exhausted.

Don't ignore that. Don't mask it. Don't try to muscle through it.

Bring your empty to God.

Because He doesn't require a full tank—He just asks for your surrender.

## Real-Life Reflection

Where do you feel the most drained right now—emotionally, mentally, or spiritually?

What have you been trying to handle in your own strength that you need to hand over to God?

## Practical Step for Today

Instead of trying to fix everything, take one intentional pause today:

- Sit in silence for a few minutes
- Take a slow breath
- And simply say: *“God, I’m empty—and I need You.”*

You don’t need a long speech. Just honesty.

## Prayer

Lord, I’ve been trying to push through on my own, and I’m worn out. I feel empty in ways I can’t fix. Your Word says Your grace is enough, so today I’m choosing to believe that. Fill me where I’m drained. Strengthen me where I’m weak. Teach me to rely on You instead of myself. In Jesus Name WE Pray, Amen.