## MESSAGE NOTES

“Running on Empty”

Ephesians 3:14-21 and Others

The last couple of years have been hard on everyone, and we're starting to see the consequences:

* 40 % of people responding to a recent study admit to struggling with anxiety or depression
* 77% of employees have experienced (or are on the cusp of) burnout
* Nearly 72 million people changed jobs last year
* 42% of pastorsare seriously considering leaving ministry

Americans are [resting less](https://www.ustravel.org/sites/default/files/media_root/document/Paid%2520Time%2520Off%2520Trends%2520Fact%2520Sheet.pdf) today than ever before. Our always-on electronics push us even further into the high pressures of constant connectivity. Not only are we taking less vacations, but we aren’t properly shutting down our engines and successfully recovering each week. So, people are very tapped out, PEOPLE ARE RUNNING ON EMPTY, and is it any wonder as we have just been through two years of global trauma.

Some of the symptoms that have resulted in people from all this...

What are some of the things we can be doing to get us on a pathway to healing? The bottom line is people are not going to heal unless we take care of our soul…

If we don't do that, then what we're going to see is continued diminished human performance and a diminished ability for social connection. More isolation doesn't bode well for us. As we talked about in the messages the last two weeks, if we try to go it alone, we are going to be in trouble. We need to come alongside and encourage each other.

See Hebrews 10:23-25, Ecclesiastes 4:7-12, and the ideas and *The Pathway To Compelling Christian Community* from the last two weeks….

If we are going to heal our soul after the last few years of difficulty, a practice to arrange our life around is: **Times of Solitude in Quiet with God…**

The example of Jesus in Mark 1:35-37…

The soul is healed through union with God, and unfortunately union with God is not something we've taught people in the church how to cultivate and to practice. Union with God is NOT the same thing as faith. It is NOT the same thing as doctrine, or a healthy creed. We have taught people the Bible and knowledge of God, but not necessarily an experience of God. Yet, the soul is created for intimate union with its creator, and that is where the resiliency comes from to be able to live in peace and joy as we navigate this world in which we live.

See John 15:1, 4-6…

If you begin to cultivate quiet in your life, you will find God. As I heard recently: ***"The enemy's current plan is not to try and talk people out of the existence of God. It's just to drown God out with noise in their life. They cannot experience God because they have no quiet."***

It is union with God in solitude and experiencing a relationship with God in that way, which is how we are going to be able to heal from the trauma of last few years. God will strengthen you and me from his resources, by his spirit, in our inmost being.

### See Ephesians 3:14-21…

It is hard to fully tap into the power of the love of God in our life through his spirit living in us because we tend to live in the “shallows” and “midlands” of life instead of in the depths of our being with God. God wants to give us down in the depths of our being, the experience of his deep love for us that can bring us to a place of joy and hope in the midst of the chaos. What we have to learn is to tap into it so we can experience the presence of God filling us.

To tap into this, fight the war for your attention. Turn off the distractions and learn to shut out the outside world. Begin at first with 10 minutes where you give your attention to God who lives within you so you can access the presence of God nourishing your humanity. If you want to get there and want to begin, can I suggest that sitting down in quiet at first with some worship music is very helpful. Then:

* Spend time in quiet and solitude and being filled with his presence.
* Take some time and read and reflect on a passage from God’s word, The Bible.
* Then take some time to pray.