Running on Empty

Key Verses: Psalm 103:1–5; Luke 12:22–31
Speaker: Dr. Justin Hardcastle

Big Idea: Gratitude does not require a perfect life. Sometimes it begins when we stop long enough to remember what God has already carried us through.

Gratitude does not mean you are never tired. It means that somewhere in the middle of all of it, you remember, “God has still been good to me.”

Remember What You _____

- **Read:** Psalm 103:1–5
- Life moves fast, and when life moves fast, we tend to remember what is wrong faster than what is right. But David says: (1) Do not forget, (2) Remember, and (3) Remember what God has already done.

Your Life Is Not Just What Is _____

- One of the easiest traps to fall into as an adult is constantly thinking about the next thing, and there is nothing wrong with goals.
- Some of the things you complain about today may actually be things you once prayed for.
- Do not let the pressure of what you are carrying make you forget the privilege of what you have.

Stop Measuring Your Life Against _____

- A lot of gratitude gets stolen through comparison, and before you know it, your life starts looking small.
- You cannot enjoy your life while constantly wishing you had somebody else’s.

God Is In The _____

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- **Read:** Luke 12:22–31
- Jesus talks about worry, and His response was not: “Those things do not matter.” His response was: “Your Father knows what you need.”
- Sometimes we keep waiting for a huge miracle while missing the daily evidence that God has been sustaining us all along.

Gratitude Does Not Ignore _____

- Gratitude is not denying what is hard. It is refusing to let what is hard erase everything that is good.

Be Thankful Before Everything Gets _____

- If gratitude depends on everything finally being perfect, we may never become grateful.
- Gratitude says: “I may not have everything I want, but I have enough evidence to know God has been faithful.”
- This Thanksgiving, maybe you do not need another thing. Maybe you need to notice what is already there.

What Is God Speaking to me today?:

_____

_____

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