

RUNNING ON EMPTY

THE INVISIBLE ENEMY

--STRESS--

SEVEN WAYS TO DEFEAT THE ENEMY

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“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.” 1 Peter 5:8-9



1. I MUST
KNOW WHO I AM --
IDENTIFICATION



"When Jesus spoke again to the people, He said, 'I am the light of the world. Whoever follows Me will never walk in darkness for they have the light of life.'"

John 8:12

Jesus said at least **EIGHTEEN TIMES** who He is.



“I testify on My own behalf, and the Father who sent Me also testifies on My behalf.” John 8:18

Jesus knew that GOD knew who He is.



2. I MUST
KNOW WHO I AM TRYING TO
PLEASE --DEDICATION



*“I can do nothing on
my own. I judge as
God tells me.
Therefore, my
judgment is just,
because I carry out
the will of the one
who sent me, not my
own will.” John 5:30*



When you don't know who you want to please, you will cave in to...

1. What others think of you?

CRITICISM

2. Who's ahead of you?

COMPETITION

3. Who disagrees with you?

CONFLICT



*“Steep your life in
God-reality, God-
initiative, God-
provisions. Don’t
worry about
missing out. You’ll
find all your
everyday human
concerns will be
met.” Matthew 6:33*



3. I MUST KNOW WHAT I WANT TO ACCOMPLISH-
ORGANIZATION.



*"Jesus answered,
`Even if I testify on
My own behalf, My
testimony is valid.*

*I know where I
came from and I
know where I'm
going."*

John 8:14.





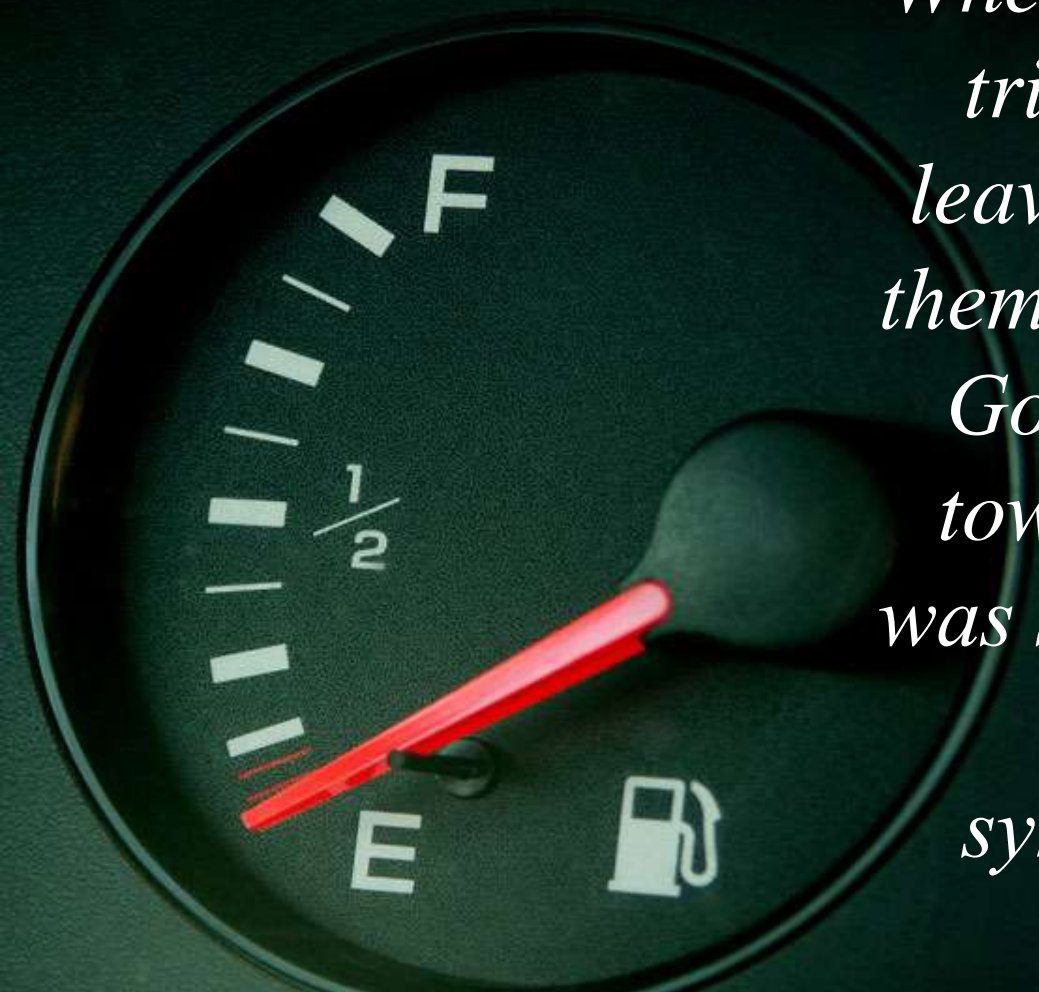
1. ESTABLISH YOUR PLAN.
2. EXAMINE YOUR PRIORITIES.
3. EVALUATE YOUR PRODUCE.

4. I MUST FOCUS ON WHAT
IS MOST IMPORTANT-
CONCENTRATION



“At daybreak, Jesus went to a lonely place, but the people looked for Him. When they found Him, they tried to keep Him from leaving. But Jesus said to them, “I must preach about God’s kingdom to other towns, too. This is why I was sent.” Then He kept on preaching in the synagogues of Judea.”

Luke 4:42-44

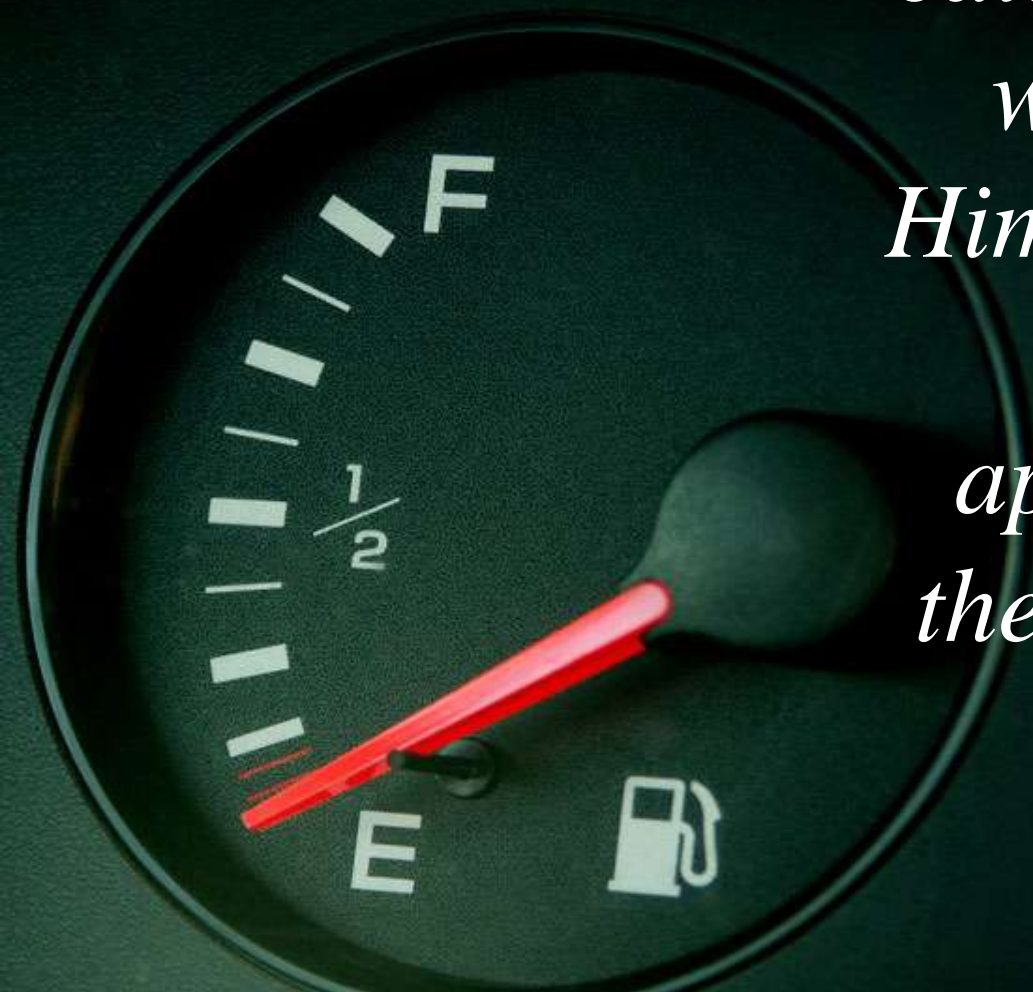


5. I MUST NOT TRY TO DO IT
ALL MYSELF -- DELEGATION



“Afterward, Jesus went up on a mountain and called out the ones He wanted to go with Him. And they came to Him. Then He appointed twelve of them and called them His apostles.”

Mark 3:13-14



Two reasons we want
to do it ourselves.

1. Perfectionism

If I want a job done
well, I'll do it myself!

2. Insecurity

If I don't do it,
someone may do it
better than I.



6. I MUST
DEVELOP A HABITUAL
PRAYER LIFE--MEDITATION



"Very early in the morning while it was still dark, Jesus got up, left the house and went out to a solitary place where He prayed."

Mark 1:35



1. Pick a place and time to pray on a daily basis.

2. Keep a prayer journal.

3. Read the Scripture in your prayer time.



7. I MUST TAKE TIME TO
ENJOY LIFE-
REST AND RELAXATION



“The apostles gathered around Jesus and reported to Him all they had done and taught. Then because so many people were coming and going and they didn't even have a chance to eat, Jesus said to them, ‘Come with Me by yourselves to a quiet place and get some rest.’” Mark 6:30-31



