

How To Go From Exhausted To Energized

Do you find yourself exhausted before your day even begins? Follow this post-Sunday study with a group or personally this week.

Luke 10:38-42

What do you do when you yourself overwhelmed, overscheduled, or exhausted?

What does it feel like when your personal bucket is full?

What does it feel like when your personal bucket is empty?

Make the decision: I am not going to stay depleted.

You must take personal responsibility to replenish your energy.

5 Keys to Replenishment:

Connecting with God 15 minutes everyday

Spend real time with family

Satisfying work (Do something that doesn't suck the life out of you)

Recreation

Exercise

BIBLE APP by YOUVERSION

If you've yet to do so, we encourage you to download the Bible App by YouVersion on your smart phone. Create a free YouVersion account. In the today's technological era you have such power at your finger tips. We encourage you to harness that towards your relationship with Christ.

This is not just God first, it's infusing God into every area of your life.

We must indentify core issues that drive this kind of living and offer action steps to help you live a better way.

By eradicating clutter from your inner world, you can experience immediate rewards: greater energy, clearer purpose, richer relationships and more.

If you don't take control of your life, schedule and your money, they will take control of you.

You must learn when and how to say no, so that you can experience the best things: a simplified life.

Distracted v.40
mentally confused, deranged by grief or anxiety

Don't allow the distractions of your life to keep you stressed and distracted.
v. 40 - 42

Psalms 55:1-2 David is distracted. He starts out mentally exhausted but by v.22 is reminded and encouraged.

We encourage you every week to take a closer look at your life and answer these questions...

Is it simplified? Is God coming first? Is your family getting quality time from you?
Are you finding yourself empty?