



Scriptures from New International Version unless noted

STOPPING TO REFUEL

"I came that they may have life, and have it abundantly."

John 10:10 NASB

...that you may be filled to the measure of all the fullness of God.

Ephesians 3:19

WHY?

I need to refuel because I have a soul that is hungry and needs to be filled

Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

Matthew 4:4

Now we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands.

2 Corinthians 5:1

"What good will it be for you to gain the whole world yet forfeit your soul? Or what can you give in exchange for your soul?"

Matthew 16:26

HOW?

1. STOP

2. BE QUIET

The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the

LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?"

I Kings 19:11-13

3. MAKE A CONNECTION

1. When?

2. Where?

3. What?

Some suggestions:

1. Choose a passage of Scripture and repeat it until you memorize it.
2. Read one Psalm a day. Pray the Psalm back to God.
3. Read through the Gospel of John.
4. Read one chapter of Proverbs a day for 31 days.
5. When you read the Gospels, imagine yourself as one of the people in the story; record how you would feel and respond.
6. Journal. Write your prayers in a journal. Also begin a journal page with "Yesterday, I..." Then list everything you did yesterday (the places you went, the people you talked to, and the things you did) and see if God was trying to get your attention in anything.
7. As you read your Bible write down favorite verses on index cards; keep these cards in a place where you'll see them often.
8. Use Psalm 23 or 139 as a prayer.
9. Pray for a friend's salvation for one minute every day for 30 days.
10. Use a world map and pray for the people of a different country for one minute every day.
11. Write out a letter of confession to God.
12. Make a list from A to Z of things that you are thankful for.
13. Rewrite passages from the Bible in your own words.
14. Study the Bible with a Commentary and/or Bible Dictionary.
15. Read and reflect with a Daily Devotional guide or a good Christian book.

Read and reflect on a good Christian book:

Devotionals by Tony Evans

Devotionals by Chuck Swindoll

Devotionals by Charles Stanley

Confident in Christ, Bob Wilkin

Mere Christianity, C.S. Lewis

Practicing the Presence of God, Brother Lawrence

Ragamuffin Gospel, Brennan Manning

Fresh Wind, Fresh Fire, Jim Cymbala

The Life You've Always Wanted, John Ortberg

Absolutely Free, Zane Hodges