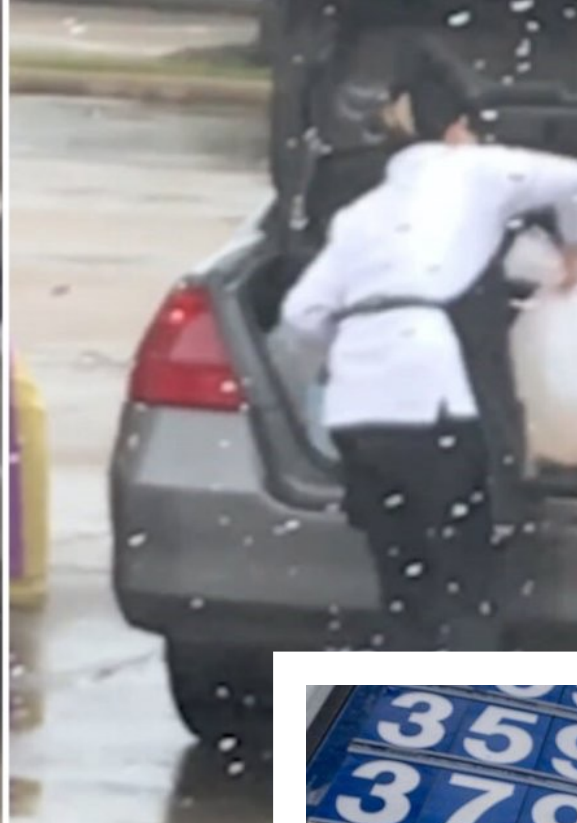


The image features a stylized landscape with layered mountain ranges in shades of blue and purple. At the top, a warm, golden-brown sky is punctuated by several white, slanted lines radiating from a central point, resembling a sunburst or a stylized sun. The text 'RUNNING ON' is centered in a white, italicized, sans-serif font. Below it, the word 'EMPTY' is written in a larger, bold, white, sans-serif font. A thick white diagonal line cuts across the bottom of the 'EMPTY' text, starting from the left and ending under the 'Y'.

*RUNNING ON*

**EMPTY**





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100

How does  
living on  
empty show  
itself in our  
lives?

---

In our attitude

---

In our ability to focus

---

In how we treat our spouse and  
children

---

In how well (or not well) we get  
things done

Others notice when we  
are living on empty.

---

Can we not do the  
same spiritually?

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How does  
living on  
empty  
spiritually  
show  
itself in  
our lives?

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In our prayer life

---

In our reading of the Word

---

In our attendance at worship services, bible classes,  
and other church activities

---

In what we are talking about

---

In our hobbies

---

In how we treat our brothers and sisters in Christ

God notices we when  
we are living on empty!



Hebrews 2:1 – 4  
(ESV)

*1 Therefore we must pay much closer attention to what we have heard, lest we drift away from it. 2 For since the message declared by angels proved to be reliable, and every transgression or disobedience received a just retribution, 3 how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard, 4 while God also bore witness by signs and wonders and various miracles and by gifts of the Holy Spirit distributed according to his will.*



How can we rekindle  
our spirit and  
maintain good  
spiritual health?

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Rekindle  
your  
passion  
for God!

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Romans 1:21 – 23

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Romans 1:28

---

Psalms 100

Rekindle  
your  
desire for  
the Word  
of God!

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2 Kings 22 – 23 “King Josiah restores the Word of God to its proper place.”

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1 Peter 2:2 – 3

Rekindle  
your  
dedication  
to prayer!

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James 1:6 – 8

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James 5:16

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Proverbs 15:29

Rekindle  
your love  
for the  
church of  
Christ!

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Hebrews 10:24 – 25

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Philemon 1:4 – 7

Rekindle  
your  
gratitude  
for God's  
grace!

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Hebrews 10:26 – 27

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Ephesians 2:4 – 9

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Psalms 56:12 – 13



## How can we rekindle our spirit and maintain good spiritual health?

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- Rekindle your passion for God!
- Rekindle your desire for the Word of God!
- Rekindle your dedication to prayer!
- Rekindle your love for the church of Christ!
- Rekindle your gratitude for God's grace!



**ARE YOU RUNNING  
ON EMPTY?**

