Solving the Energy Crisis

For everything that is important in our lives, we need energy.

I. Prioritize Physical Stewardship

I Corinthians 6:19-20
Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20you were bought at a price. Therefore honor God with your body.

- Increased _____ will result from proper _____. (Daniel 1:8-14)

- We must _____ better in order to _____ better.

- We must _____ energy to _____ energy.

- We must set aside _____ down time to recover from _____.

- We must develop rituals connected to our _____ or _____.

II. Conduct an Energy Efficiency Survey

John 10:10
The thief comes only to steal and kill and destroy; I have come that they might have life, and have it to the full.

Ephesians 1:18-20
I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, 19and his incomparably great power for us who believe. That power is like the working of his mighty strength, 20which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms,

Regret, helplessness, and hopelessness are the

top three assassins of anxiety.

A. Understand the inefficiency of _____. (Philippians 4:5-7)

- _____ says I am plagued by my _____. (Psalm 32:3-5)

- _____ _____ is an energy drainer. (Romans 12:17-19)

- _____ _____ are energy drainers.

- _____ says I have no _____ in the present. (John 15:4-6 & Philippians 4:13)

- _____ says I have great _____ about the future. (Romans 8:1; I Corinthians 15:54-56 & Romans 8:38-39)

B. Understand that a _____ schedule can equal a _____ life.

Only when we learn to say no to the good can we say yes to the best.

III. "Drill Baby Drill"

A. Energy is released when we "drill" into the _____. (Hebrews 4:11-13 & Ephesians 3:14-20)

B. Energy is found in _____ _____. (Philemon 1:6)

C. Energy is found in _____ your _____. (Ephesians 3:6-8)