



### 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; <sup>20</sup>you 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, <sup>19</sup>and his incomparably great power for us who believe. That power is like the working of his mighty strength, <sup>20</sup>which 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)