



**Reflection Guide**  
**Sermon Title: I'm Running On Empty**

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**Key Takeaways**

- ⇒ Spiritual warfare includes the enemy's attempt to wear us out, not just take us down
- ⇒ The wilderness is designed for transition, preparation, separation, and testing
- ⇒ Winning can be expensive; victory sometimes leaves us depleted
- ⇒ Spiritual renewal is the continuous work of the Holy Spirit restoring our inner person
- ⇒ Renewal requires three actions: Acknowledge, Ask, and Accept

**Personal Reflection**

1. The sermon identified four purposes of wilderness seasons: Transition, Preparation, Separation, and Temptation. Which of these resonates most with a season you're currently in or have recently experienced?
2. "What God is doing in you in the wilderness is more important than what He is doing for you in Canaan." How does this perspective change the way you view difficult seasons?
3. Why do you think Christians struggle to acknowledge emptiness? What messages have we received (from church culture, family, or ourselves) that make it hard to admit we're not okay?
4. What's the difference between acknowledgment and defeat? Why is acknowledging our emptiness actually a step toward strength rather than weakness?
5. The sermon mentioned that pride leads to pretending. In what areas of your life are you most tempted to pretend you're fine when you're not?
6. "Many people are asking for a filled schedule but not a filled soul." What have you been asking God for recently? Have your prayers focused more on circumstances or on spiritual renewal?
7. How does asking for renewal "activate intimacy" with God rather than just getting what we need? What's the difference?
8. Why is acceptance the step where many believers stall? What makes it hard to accept not just what the Spirit will do, but what He will lead us to do?
9. The sermon listed several things the Spirit might lead us to: rest, repent, release a relationship, restructure a rhythm, see a counselor, take a Sabbath, fast, confess, or have a difficult conversation. Which of these feels most challenging to you? Why?