



**Sermon Notes**  
**Sermon Title: I'm Running On Empty**

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**Sermon Foundational Scripture: Matthew 4:10–11 (NIV)** — **10** Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’” **11** Then the devil left him, and angels came and attended him.

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**Statements:**

- ⇒ Spiritual warfare is not just the enemy’s attempt to take us down, it is also his attempt to wear us out.
- ⇒ Winning can be expensive.
- ⇒ Spiritual renewal is the continuous, internal work of the Holy Spirit by which He restores the inner person to strength, clarity, and capacity after depletion, so that the believer can continue to live, love, lead, and labor from a place of divine sufficiency rather than human exhaustion.

**Supporting Scriptures:**

- ⇒ **Matthew 4:1 (NIV)**
- ⇒ **Deuteronomy 8:11–18 (NIV)**
- ⇒ **Exodus 32:1 (NIV)**
- ⇒ **Matthew 4:11 (NIV)**
- ⇒ **Hebrews 1:14 (NIV)**
- ⇒ **Titus 3:5 (NIV)**

**What A Wilderness Season Can Represent:**

- ⇒ **Transition**
- ⇒ **Preparation**
- ⇒ **Separation**
- ⇒ **Temptation**

**How To Experience A Renewal For The Soul:**

1. **Acknowledge:** Pride always leads to pretending.
2. **Ask:** Some of our resentment is a revelation that we’ve been expecting things from people we can only get from God.
3. **Accept:** You can’t get what the spirit is trying to give if you won’t go where the spirit is taking you to get it.