

# Drained: Of Energy

## Monday

**Luke 10:1-10**

There are many lessons in this passage, but considering the first message from our “Drained” series, are you more like Martha or Mary? Draw a bucket and mark your physical, emotional, mental and spiritual energy level. Where are you the most drained and why? Write out your prayer.

## Tuesday

**John 10:1-10**

What are the greatest robbers or “drainers” of your physical, emotional, mental and spiritual energy? Think of a time in your life when all of your energy levels were full to overflowing. What did it feel like? What was your life like? How did others experience you?

## Wednesday

**Matthew 4:1-11**

How do you think Jesus felt after fasting 40 days and being tested by the devil in the wilderness? This experience was training for the trials and battles that were to come. Recall a past draining wilderness experience, recall lessons learned that might help you today.

## Thursday

**Matthew 4:23-25**

How do you think Jesus felt at the end of a day when literally everyone wanted something from him? When your physical, emotional, mental and spiritual energy levels are low, how well do you respond to the incessant needs of those around you?

## Friday

**Luke 5:17-26**

Put yourself in the shoes of the paralyzed man before his friends brought him to Jesus. What are you feeling? Reread verses 24-25. What are you feeling now? Who do you know that is overwhelmed, over-scheduled, and exhausted that you are going to invite to join you in worship this weekend?

## Saturday

**Luke 15**

Which story most resonates with where you are in life? Why? How are you going to follow up with the person or persons you invited to join you for worship this weekend? Pray for their well being.

## Sunday

**Isaiah 40:28-31**

Write out the entire passage word for word in your journal. Memorize over the coming week.