

Are You Running on Empty?

By: Brad Fairchild, MA, LPC

Radio: 05/06/2010

Scripture: Mathew 19:19 ...You shall love your neighbor as yourself

Imagine three fuel gages like in a car. They measure your energy level in three areas:
1)Spiritual; 2)Emotional; and 3)Physical.

- Why does our tank get empty?
 - Stress
 - Marital conflict
 - Parenting issues
 - Work stress
 - Financial pressure
 - School stress
 - Addiction issues: drugs, alcohol, sexual addiction

How do we refill our tank?

Spirit

The part of us that relates to God

- Read the Bible
- Go to church
- Pray
- Fast
- Meditate
- Minister to people
- Serve
- Worship

Soul - defined as mind, will & emotion

- Relationships- God, Self, Others
- Good healthy boundaries
- Laugh
- Quite/Down time/Vacation/Relaxation
- Make good decisions
- Read
- Study
- Education, learning
- Memorize- scripture & vocabulary

Body

- Laughter
 - Nutrition
 - Exercise
 - Sleep, rest
 - Water
 - Take your meds
 - See your doctor, be compliant
 - Hygiene
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- How bad can it get?
 - Depression
 - Anxiety
 - Rage and anger
 - Loss of joy in life
 - Suicide
 - Relationship problems
 - Health problems
 - Chaos at home or work
 - Meanness
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- What can we do about it?
 - SMART Goals
 - Draw near to God – James 4:8 Draw near to God and He will draw near to you.

Conclusion:

Sometimes our lives can get out of control. Stop and evaluate yourself, seek help and take action. Take your situation to God and grow in your ability to trust Him. He loves you and cares deeply.

Closing Scripture:

I Peter 5:7 casting all your care upon Him for He cares for you. NKJV.

Resources

- Minirth Clinic – for outpatient care and **individualized retreats**

www.minirthclinic.com

972-669-1733 or 1-888-MINIRTH (646-4784)
- Hearts of Love International Ministry (for pastors and Christian workers)

www.holinternational.org
- Hope Line – for inpatient and partial hospitalization care

in Denton and El Paso, Texas

1-888-789-HOPE (4673)
- Celebrate Recovery – local Churches

www.celebraterecovery.com
- AACC – American Association of Christian Counselors

www.aacc.net
- www.2ndfiddleentertainment.com/maggiespassage
- Retreat for Women and Girls
www.christmascreekvillage.com
- To obtain books written by Frank Minirth:
 - Books available only through the Minirth Clinic:
 - Psychopharmacology 2010, 600 pages
 - The Reflective Genius (obsessive compulsive disorder) 225 pages
 - Grace In Salvation (difficult to understand Bible passages on salvation) 250 pages
 - Other books available through Amazon.com