



*“But those who wait on the Lord will renew their strength.
They will soar on wings like eagles; they will run and not grow weary,
they will walk and not be faint.”*

Isaiah 40:31

Have you ever run out of gas and been stuck on the side of the road? It's important to recognize when your car is almost out of fuel, and to stop at a gas station and fill up. All athletes know the importance of keeping their bodies fueled with food and water, or else they won't have the strength to finish the game.

In the same way, when your spiritual tank is running on empty – when your soul feels spiritually empty – you need to return to God for a refill of His wisdom and truth and power. Having feelings of emptiness can be a sign that God wants an opportunity to fill you with His Spirit.

That filling comes from spending time in prayer, in reading and studying, and meditating on the Bible. That filling also comes through praise and worship, and we need regular times of praise and worship – both privately, and together as the body of Christ in weekly worship. A void can creep into your life when your faith is running on empty due to neglect or busyness. God can – and will – supply what you need, but we need to be alert to receive Him and His offer of refilling.

We need to learn to recognize our lack of spiritual energy and respond with attention and desire to feed our soul and refresh our spiritual energy. God will meet your need for spiritual health and refill your spiritual tank when you come to Him for that refreshment and refueling. Come to Him with humility and a willingness to chart some new territory in your spiritual walk of faith.

Bible scholar, pastor and teacher Warren Wiersbe said it best: “When you feed your heart and mind with Biblical truth, you regain your perspective and find renewed strength.” Incorporate prayer, Bible reading, and worship into your daily disciplines of faith, and you will never run out of spiritual fuel or be in danger of having an empty spiritual tank.

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