

Make the inspirational **PRACTICAL**.

## Episode 9 - Refueling for the Uphills and Downhills

“Everyone who pours out more than they pour in will go dry.” ~ Anonymous

“You’ll never change your life until you change something you do daily. The secret of your success is found in your daily routine.” ~Anonymous

1. Name a time when your need for refueling snuck up on you—when you were unprepared because you weren’t expecting the hill.

2. What attitudes or emotions are your first indicators that you need personal refueling?

3. Which of the four effects of Scripture would help you most right now? “Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God’s way. Through the Word we are put together and shaped up for the tasks God has for us.” (*2 Timothy 3:16-17 in the Message paraphrase of the Bible*)

4. Try the four questions on one or both of these paragraphs of the Bible and see what God may say to you—Psalm Chapter 1 or John Chapter 3

- What does this say about God?
- What does this say about people?
- What does this say about God’s plan?
- What does this say to me?

5. What task is God shaping up for you?