

Lives that Leak

What Empties your Tank?

Speeding across the S_____

Driven or Fueled by our **H**ear't's desires.

Sections left in the S_____

Defending Faults, and **H**olding back.

Staying on the S_____

Distracted by **F**ear of **H**arm.

Seeking S_____

Disappointed when we can't **F**eel **H**appy.

Spiritual Disciplines:

Sudmann Definition

- ¹ methods of listening and learning
- ² training that develops self-control
- ³ practices of obedience
- ⁴ efforts to connect more intimately with God
- ⁵ voluntary systems that can produce spiritual maturity

... rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4:7-8

Deliberate Experiences and Expressions of Practice

Do them and *in time* feel full.

Pass on them, and *in time* feel _____!

What Fills the Tank?

Efforts that are . . .

C_____. (growth comes through **t**_____)
Ps. 42:4

Bible Study Prayer **S**_____

C_____. (growth comes while being **t**_____)
Ps. 42:4

S_____ to teaching Worship Giving

C_____. (growth comes through **t**_____)
Ps. 42:8

Meditation Fasting **S**_____ / Solitude

C_____. (growth through **t**_____ invested)
Ps. 42:9

Confession **S**implicity **S**_____

Clarification:

How can the Psalmist thirst for more, yet Jesus told the woman at the well, she'd never thirst again? (John 4:14)

A true believer will never thirst for anything _____, but every _____ believer, will want more of God.

Optional Readings: *There is Great Blessing in Seeking God.*

Psalm 9¹⁰ 14² 16¹¹ 27⁴ 34¹⁰ 40¹⁶ 63¹ 105⁴
Jeremiah 29¹³ **Lamentations** 3²⁵ **Zephaniah** 2³
Matthew 6³³ **Luke** 11⁹⁻¹⁰ **Acts** 17²⁷