





**TAPPED
OUT**

Tapped Out From Serving Others

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Mark 6:30-31

Come Apart

- Imperative
- Leave the pressure of serving
- Follow Jesus example
- Alone

“If you don’t come apart and rest, you will just come apart!”

Pastor Vance Havener

Key Truth: Separation and being alone with God prepares and equips you to serve others.

With Me

- **Benefit from His wisdom Acts 4:13**
- **Turns you into His perspective Prov 14:12**
- **Renews your physical and spiritual strength Is 40:31**
- **Experience conviction and correction I Kings 19:9,13**
- **Receive God's greatest reward Gen 15:1 Matt 6:5-6**

Key Truth: Time alone WITH God is the foundation of every spiritual blessing in our life.

Matthew 6:5-6

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

Quiet Place

- **Solitary:** Alone
- **Desolate:** Away from all distractions
- **Wilderness:** Close to God's creation

Key Truth: God speaks to us through His creation. When you insulate yourself from that creation with your modern conveniences, you often drown out His still small voice.

Rest

- **Rest:** To refresh yourself, take your ease, Unplug
- **Middle Voice:** Lit = REST YOURSELF

Key Truth: In rest you restore your spiritual energy and resources, so you have what it takes to meet the needs of others.

My Challenge Today

- **PLAN A TIME**
- **PICK A PLACE**
- **PUSH YOURSELF TO DO NOTHING BUT PRAY**
 - > 1/3 talking
 - > 2/3 listening

“Come with me by yourselves to a quiet place and rest”