

**May 15/16, 2010**  
**Finding the Fully Energized You**

*"The best gift you can give Christ, yourself, your spouse, your family and friends is a fully energized, fully surrendered, fully devoted self and no one can do that for them but you."*

– **Bill Hybels**

**A fully energized you is a flourishing you for His glory and others' blessing.** *Psalm 92:12-15*

*"Your life is your message!"* – **Dr. Tan Kim Sai** *John 1:14*

**Three "E's" for a Fully Energized Life!**

**1) Experience the Living God in all the ways He wants you to know Him.** *John 17:3*

*"Those who really know God have great energy for Him, think great thoughts about Him, demonstrate great boldness for Him and find great contentment in Him."* – **J.I.Packer.** *Acts 17:22-28; Luke 24:13-21, 25-34; Psalm 37:4*

*"What you think about God shapes your whole relationship with Him and what you believe God thinks about you determines how close you will grow toward Him. But until you know God as He is, you'll never become all that He's created you to be."* – **Chip Ingram**

**Are you experiencing the excitement of God's involvement in your ordinary, daily life?** *Romans 12:1-2*

**2) Express your God-given gifting and abilities in your work and ministry for your satisfaction, others' blessing and His glory.** *Romans 12:6-8; 1Peter 4:10-11; Exodus 31:2-6*

*"All skill is God-given, and we are invited to live in conscious interaction with the Spirit as we work, so that He can develop the skills He has given us. Work is a form of love. We cannot be fully human without creating value. We do not work mainly for money, recognition, promotion, applause or fame. We work for flow. We live for flow..when we are in the flow we connect with a reality beyond ourselves and partner with God."*  
– **John Ortberg.** *John 4:34; Colossians 3:23-24; Ecclesiastes 2:24-25*

**Are you expressing your gifts and abilities in your work and ministry for His glory, others' blessing and your satisfaction?**

**3) Embrace a balanced lifestyle of energy expenditure and renewal, enjoying Christ giving you all you need when you need it.** *Exodus 20:8-10; Psalm 127:1-2*

*"The richest, happiest and most productive lives are characterized by the ability to be fully immersed in the challenge at hand, but also to fully disengage periodically and seek renewal. We must learn to live our lives as a series of sprints where we give our all to the race before us instead of a continuous marathon we never stop running."*  
– **Power of Full Engagement.** *Matthew 6:33-34; Matthew 11:28-30*

**Are you living one day at a time pouring out and receiving in all you need from Him for each day?**

**Discussion Questions:**

1. On a scale of 1-10, with 10 being best, how fully energized is your life? What do you find energizes you? What really steals energy and vitality from you?
2. Review the 3 "E's" for energizing your life. Which ones did you really connect to? Which ones do you practice already? Which ones will you work on?
3. What changes to your daily life will you make to live a fully energized life for Christ? How do you want us to pray for you?