

## Running On Empty Part 1

*On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.*

*Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven ..."*

*Then Jesus said to Thomas, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."*

*Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name. **John 20:19-31***

### When Jesus Refills Your Tank

#### He Meets You

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*It was late Sunday evening. The disciples were gathered together behind locked doors because they were afraid of the authorities. Then Jesus came and stood among them. **John 20:19***

#### He Gives You

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*Peace be with you. **John 20:19***

**There are two types of tired, one that requires rest and one that requires peace.**

**Nobody understands what you feel and what you need as much as Jesus**

*Do not worry about anything but pray and ask God for everything you need. Philippians 4:6-7*

#### He Shows You

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*As He spoke Jesus held out His hands for them to see and He showed them His side. And they were filled with joy when they saw their Lord. **John 20:20***

*God showed His great love for us by sending Christ to die for us while we were still sinners. **Romans 5:8***

### **He Offers You**

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*If you forgive someone's sins they're gone for good. But if you don't forgive sins what are you going to do with them. **John 20:23 (Msg)***

*Happy is the person whose sins are forgiven and whose wrongs are pardoned. Happy is the person whom the Lord does not consider guilty anymore. **Psalm 32:1-2***

### **He Fills You**

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*Then Jesus breathed on them and He said to them, 'Receive the Holy Spirit.' **John 20:22***

### **He Gives You**

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*Jesus said, 'As the Father sent me, I now send you.' **John 20:21***

**We exist to introduce people to Jesus and then help them follow Him.**

*Go out into the world uncorrupted, like a breath of fresh air in a squalid, polluted society. Provide people with a glimpse of good living and of the living God ... Carry the life-giving message of Christ into the night. You must shine among them like stars lighting up the sky. **Philippians 2:15***