



Leading on Empty

Refilling Your Tank and Renewing Your Passion

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- It is a gift to be able to launch an inspiring vision. But unless you manage it along the way, it can turn on you, and soon the voracious appetite of the vision consumes you.
- "Adrenaline arousal can be compared to revving up a car engine, then leaving it idle at high speed." Dr Archibald Hart
- The only way to finish strong will be to first replenish your system. If you don't prepare for a crash.
- Being a pastor: "It's like giving birth on Sunday and then on Monday finding that you're pregnant again."
- I was fixing everybody's problems except my own, and I needed time to replenish my spirit.

Causes of Depression:

- Long-Term Stress
- Great Loss
- Unresolved Problems
- Financial Stress
- Pressure to Excel

Warning Signs:

- Sense of Hopelessness
- Frequent Tears
- Difficulty Concentrating
- Decision Making Comes Hard
- Irritability
- Insomnia
- Lowered Activity Levels
- Feeling Alone
- Lack of Marital Attraction
- Eating Disorders
- Aches and Pains

- Sometimes we get so busy rowing the boat, we don't take the time to stop and see where we're going...or what we are becoming.
- Solitude is a chosen separation for refining your soul. Isolation is what you crave when you neglect the first.
- If you had only one month left to live, you'd be surprised at all the things that really didn't matter anymore.

What are the things that only I could do and, if neglected, would affect the rest of my life?

- A vibrant, growing relationship with my Lord and Savior, Jesus Christ
 - A healthy and genuine relationship with my spouse
 - An authentic family that is close to God and close to one another
 - A God-pleasing ministry
 - A physically healthy body and a creative soul
 - Taking time to enjoy life with family and friends
- These six items require a daily investment of my time and heart.
 - There must be certain pilings driven so deeply into my soul that in times of crisis they will serve as immovable, unquestionable anchors in my life.
 - Knowing the remedy doesn't necessarily complete the healing; the difference comes when we apply it.
 - Your soul is like a battery that discharges each time you give life away, and it needs to be recharged regularly.
 - Know what fills you and what drains you. Do as many of the things that fill your tank as you can.

Seven Lessons:

1. Do Not Overproduce
'Come back tomorrow'
2. Steward Your Energy
Invest bursts of energy more intentionally
3. Rest Well
It's the space between the notes that makes the music
4. Exercise Your Way to Recovery
5. Eating Your Way to a Good Life
6. Recharge Daily
7. Fight for Your Family

If you miss building the home base, you will have nowhere to go when your ministry days are over.

The darkest part of the lighthouse is at the base.

- Divine Mentors – get accountability in place.
- We will all experience fatigue in the midst of a demanding ministry unless time is set aside to rest and realign ourselves back to God and His original design.

Dashboard

- Faith Life
- Marriage Life
- Family Life
- Office Life
- Computer Life
- Ministry Life
- Financial Life
- Social Life
- Attitudinal Life
- Author's Life
- Speakers Life
- Physical Life

“My goal was to restore my hunger and passion for what God has called me to do.”

This book also provides an appendix of excellent resources for planning your day, experiencing Sabbath and planning retreats.

In addition, it has an excellent reading list.