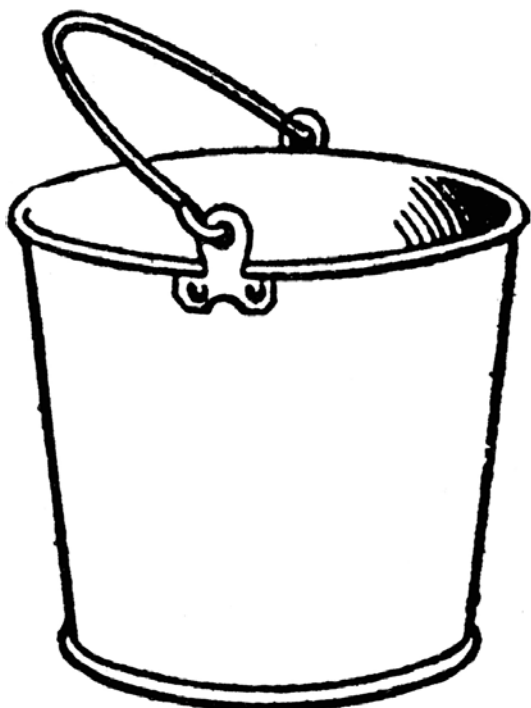


CHAPTER 1: FROM EXHAUSTED TO ENERGISED: REPLENISHING YOUR ENERGY RESERVES

SERMON NOTES:

ACTION STEP: TAKE AN HONEST ASSESSMENT



The first step in learning to fill your bucket is to take a sober assessment of where you are now.

Put a line in this bucket to mark where you feel your energy level is right now. Be realistic. Are you filled up? Are you half full? A quarter full? Are you depleted? Don't lie to yourself. Be honest. (If your instinctive reaction to this task is, "Take a flying leap, I'm not going to do it," then I know where your line is—you're depleted!).

Once you've marked your energy level on your bucket, ask yourself, "Why do I let myself get this depleted? What drives me, really?" Fear, overachievement, guilt, something else?

Ask God to give you insight into what's underneath your propensity for running on empty. When you are living this way, what inner hunger are you feeding that should be fed in healthier ways? Is there someone you're trying to please? If this type of reflective digging has you stumped, ask a trusted friend or a Christian counsellor to help you gain insight.

Simplify – All material is taken from ‘Simplify – ten practices to unclutter your soul by Bill Hybels’.

ACTION STEP: CRAFT A CUSTOM REPLENISHMENT PLAN

The second step in filling your bucket—and this is fun, but it’s not simple—is to design a custom replenishment plan that fits you.

A bucket-filling plan will look different for every person. We’re all filled up by different replenishment streams. Don’t worry about what works for other people. Just craft a plan that fits you.

Who are the people who replenish you? What are the activities and engagements that predictably fill you up when you’re a little low in the tank? What works for you?

Don’t worry yet about how to fit these into your current, overbooked calendar. We’ll deal with that later. For now, envision a blue-sky day in which your task is to do nothing but what suits you—the things that bring you the most joy, the deepest sense of God’s pleasure with your life. They may be ventures you’ve never done before but want to try. They may be activities you used to enjoy but have let slide. What are those things?

To stimulate your thinking, glance back at my top five replenishers:

1. Connecting with God
2. Time with family,
3. Satisfying work,
4. Recreation,
5. Exercise.

Do any or all of those ring true for you? Feel free to add your own replenishers, which may be completely different from those that work for me.

Next, scan your list and choose one or two replenishers you can do starting tomorrow; one you will do by the end of the week, and one you will try by the end of the month. The point isn’t to fill yourself up quickly, but rather, to train yourself to begin the habit of prioritising the replenishing streams that breathe life into your soul and leave your bucket filled. There are no shortcuts. Change begins with small, daily steps. Start now.

-
1. Something I will do by the end of the week?

-
2. Something I will do by the end of the month?
-