







RE-ENERGIZE YOUR LIFE





Re-Energize Your Life

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GOD CAN RE-ENERGIZE YOUR LIFE

Are you stressed out and burned out? Feeling overwhelmed? Do you barely have enough energy to get through the day? Are you exhausted before you even get out of bed? What about your passion for God? Do you feel that's diminished? Have you lost your enthusiasm for serving others and the joy of walking with Jesus?

There are a variety reasons you may have lost your passion . . . doing too much, going too fast, never taking time to rest, or simply doing things your own way. God never intended for you to live at warp speed. He put you on this Earth for a purpose, but that doesn't include being a superman or superwoman! In fact, God made you to love you, and he made you to love others. And that's hard to do when you're rushing through life, loading up your schedule, and using up all your energy on things that won't matter in the long run — things that won't matter in eternity.



So, are you ready for a change? Do you need to re-charge? Want to learn how to *re-energize your life*? You're about to begin a journey that will teach you how to restore your energy and reclaim your passion. We'll show you how Jesus will lighten your load as you learn to submit to him and do things God's way. We'll help you examine your lifestyle and figure out how to manage your time. Instead of letting your "to-do" list run your life, you'll determine what really matters most and let the unimportant things go. You'll do less and trust God more. And the good news is that God is for you! He wants to *re-energize your life*, and he will be with you every step along the way in your journey.

There's no better time than right now to get started. As you go through this guide, take your time and go at your own pace. It's not a race! Linger where God leads you. Soak it all in. Enjoy the journey as God faithfully guides you to *re-energize your life*.







STEP 1

HOW DID YOU LOSE YOUR PASSION?

Are You Tired of Being Tired?

Sadly, some people stop living before they die. They lose their spark. And for the rest of their lives they just kind of muddle by. That's not living, and that's not the kind of life God meant for you to live. He didn't create you to just go through the motions and get through the day. He created you to live a life of passion and adventure.

Have you lost your passion? Why do you think you lost your energy and your enthusiasm? There are a lot of things that can steal your passion. There may be physical causes. You might need to go see a doctor and get a checkup. But there may also be emotional causes or relational causes or spiritual causes.

Before we go any further, let's pause for a little encouragement. God has a promise for you, and it's good news!

*God, who got you started in this **spiritual adventure**, shares with us the life of his Son and our Master Jesus. He will never give up on you. Never forget that.*

1 CORINTHIANS 1:9 (MSG, EMPHASIS ADDED)

Life is either a daring adventure

or it's nothing. - Helen Keller



Jesus Wants You to Live Life with Passion

In John 10:10, Jesus said, *“My purpose is to give life in all its fullness”* (LB). That means God wants you to live a life of significance. He wants to use you to do significant things that will have a lasting impact. Did you know that God also wants you to enjoy life? He doesn’t want you to merely endure it. He wants to bring adventure to your life and give you vitality and energy.

*When was the last time you felt like life was an adventure?
Why did you feel that way? How did it affect your faith?*

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You may not feel like it now, but God still has an adventure planned for you. And he plans to be with you all the way. You never have to doubt it. There may be times in your life when you think God has left you to handle things alone, but the truth is, he is always there with you.

*“Do not be frightened, and do not be dismayed,
for the Lord your God is with you wherever you go.”*

JOSHUA 1:9b (ESV)

Are you ready for God to *re-energize your life*? In order to reclaim your passion, the first thing you need to do is figure out what may be stealing your passion. It’s sort of like going to the dentist. You may have a toothache, but the dentist needs to figure out what is causing the pain. She has to get to the root of the problem. This step will help you understand why you may have lost your passion, so then you can figure out what to do about it.





Eight Things That May Be Stealing Your Passion

1. An unclear purpose will cause you to lose your passion.

A sure-fire way of zapping your passion is not knowing the purpose of your life. Without a purpose, why bother getting up in the morning? Why make the effort? When you don't know God's purpose for your life, you're going to drift toward apathy. You'll go through life without any direction, tossed from one thing to the next. The terrible thing is, you'll miss God's purpose for your life and end up feeling like Isaiah when he realized he'd been working without God's direction in his life:

"I have worked hard for nothing. I have used my strength, but I didn't accomplish anything."

ISAIAH 49:4a (GW)

Passion and purpose go together.

Here's the important thing to understand: Purpose creates passion. The more you understand your purpose in life, the more passionate you become. If you want to reignite your passion for life, then you need to fully embrace God's purpose for your life — the very thing he created you to do. If the whole purpose for your life is just to live for yourself, then you've got a pretty tiny purpose. If the whole goal of your life is to be comfortable, it's no wonder you've got no passion! You were made for more than yourself. You were made to live with a greater vision. God put you on this planet for a reason, and it's not just to have fun, be happy, or live for yourself, as if "whoever has the most toys in the end, wins." That's a pretty puny purpose. And it's no wonder someone living like that would lose passion and end up simply going through the motions. God created you with a need to do something bigger than yourself, and figuring out what that is and doing it will give you energy and motivation.



Pastor and blogger Brent Hobbs says passion looks like this:

Passion is waking up in the morning wherever you are and bounding out of bed because you know there's something out there that you love to do, that you believe in and that you're good at. Something that's bigger than you are and you can hardly wait to get at it again. It's something you'd rather be doing than anything else. You wouldn't give it up for money because it means more to you than money.

You need that kind of passion in your life so that when you get up in the morning, you're thinking, "Good morning, Lord!" rather than, "Good Lord, it's morning!" That's the difference between a passionate person and someone who is just getting by.

Nothing matters more than knowing God's purpose for your life, and nothing can compensate for it — not money, not fame, not sex, not anything else. If you don't know what on earth you're here for, you're not going to have any passion, because without purpose, life is motion without meaning. It's activity without direction. It's trivial, it's petty, and it's pointless. You don't want to live like that!

(If you're uncertain of your purpose, we'll help you discover it in Step 4.)



Take some time now to pray, and ask God to begin revealing or reaffirming your purpose. Be specific with your questions, and ask with bold confidence, expecting God to give you an answer. What does he want you to be intentional about? Write down what you hear him telling you.

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2. An unbalanced schedule will cause you to lose your passion.

We all need a balance between rest and work, between input and output. The Bible tells us that there is a rhythm to life. There is time and purpose for everything — a time to work and a time to rest, a time to strive, a time to have fun. If you have no fun in your life, you're going to burn out. If you have no rest in your life, you're going to burn out. If you're a workaholic and you have nothing but constant work from morning till night, you're going to lose your passion very, very quickly.



Everything has its own time, and there is a specific time for every activity under heaven: a time to be born and a time to die, a time to plant and a time to pull out what was planted, a time to kill and a time to heal, a time to tear down and a time to build up, a time to cry and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to hug and a time to stop hugging, a time to start looking and a time to stop looking, a time to keep and a time to throw away, a time to tear apart and a time to sew together, a time to keep quiet and a time to speak out, a time to love and a time to hate, a time for war and a time for peace.

Ecclesiastes 3:1-8 (GW)





Think about this: Your schedule may be unbalanced because of all the good things you're trying to do! You're always serving, you're always sharing, you're always caring, you're always giving, you're always thinking of others, you're always care-giving, and you never take time to recharge. That's not healthy for you. You need balance in your life, and you need rest in order to maintain your passion.

The truth is, meaning and significance both come from service, but if you don't have downtime, you're going to experience what is commonly called *compassion fatigue*. Compassion fatigue means you stop caring because you've cared too much. Pretty soon you don't care about God. You don't care about other people. You don't even care about yourself anymore. You become indifferent and passive — the total opposite of passionate! To keep your passion alive and for God to *re-energize your life*, you have to balance your schedule.

What would a balanced schedule look like for you?
How does your current schedule compare to that?
Ask God what needs to change. What is he telling you?

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3. **An unresolved conflict will cause you to lose your passion.**

When you're in a conflict with somebody, it can strip away your passion. Have you ever had one of those days when you get up and everything in you feels like "This is going to be a great day!" But then you get into a fight with your spouse or a co-worker, and it takes the wind right out of your sails. In an instant your attitude tanks, and if you can't resolve the conflict, your passion begins to slip away.

You may be in constant conflict right now. Maybe it's with somebody at home, work, or school. That conflict is like a leaky tire. The passion is just steadily leaking out of your life. This can happen to any of us. So the bottom line is this: If you want to keep your passion alive, you've got to keep your relationships healthy.

There are two emotions that can ruin relationships and steal your passion: resentment and jealousy. In Job 5:2, the Bible says, "*Surely resentment destroys the fool, and jealousy kills the simple*" (NLT). Circle "resentment" and "jealousy" in this verse.

Resentment is allowing people to continue to hurt you over something that's in your past. They may be out of your life, but they're still hurting you because you still haven't forgiven them for what they did. And resentment drains away your passion as you keep thinking about what happened again and again and again. The Bible says that's destructive.

Jealousy works the same way unless you let it go. In Job 18:4, the Bible says, "*You are only hurting yourself with your anger*" (GNT). Chances are, the person you're angry with doesn't even know you're angry. That person doesn't know that you're staying up nights still thinking about it again and again in your mind.

To keep your relationships healthy, go to that person and try to resolve the conflict. But what do you do if the person won't reconcile with you? What do you do if the person refuses to let go? Or what do you do if the person is gone or passed away and you're unable to resolve the conflict?



Forgiveness is the answer.

The Bible says the best way to get rid of resentment is to forgive. Forgiveness is by no means saying that the other person was right. Forgiveness doesn't mean he is getting away with what he did. Forgiveness is not saying that God's not going to judge people for what they did wrong. It's saying, "God, I'm taking this out of my hands. I forgive them. Now it's in your hands. I can't hold it in my heart because if I do, that resentment is going to destroy me, drain my energy, and steal passion from me every single day of my life."

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

EPHESIANS 4:32 (ESV)

Forgiveness may not be a one-time thing, particularly if the hurt runs deep or has been there a long time. You may find yourself, in a sense, taking the forgiveness back from God whenever the hurt comes to mind. And so you have to give it back to God. You may have to say over and over again, "God, I forgive him for what he did." "God, I forgive her for that."



Who do you need to forgive? Write down the initials of people who come to mind. What did they do to hurt you? Ask God to help you let go of the hurt. Tell God, "I want to forgive _____. Help me to do that. I want to let it go." Write down anything that comes to mind as you go through this process.

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4. **An unsupported lifestyle will cause you to lose your passion.**

God created us to need each other. We were made to live and learn and grow within relationships. We've all seen what happens to people when their spouse dies and all of a sudden they don't feel like going on because they think, "What is there worth living for?" There's plentyworth living for. They just can't see it because they miss the other person so deeply. God still has a purpose for their lives. But because their spouse isn't there, they begin to feel that life isn't worth living. Their passion is gone.

Sometimes you lose passion because you're not in fellowship with other believers. You might be doing a lot of other things. But you're not getting any relationship time that increases and restores your passion. Does that sound like you?

Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up. But if someone is alone and falls, it's just too bad, because there is no one to help him.

ECCLESIASTES 4:9-10 (GNT)

If you fall down, it's really good to have somebody there to help you up. Do you have someone to help you up? If not, when you fall down, you have to struggle up all by yourself. God's Word tells us to make sure we have someone to help us when we fall. That relationship will support you and sustain the strength and passion that you need for everyday life.

Here's another Scripture that emphasizes the importance of relationships:

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another.

HEBREWS 10:24-25a (NLT)



Read Ecclesiastes 4:9-10 and Hebrews 10:24-25 again.
Draw or write your response in the space below.

