

## **It's Time For a Fill-Up – Bible Study Lesson**

### **Luke 24:47-49 (NLT)**

**47 It was also written that this message would be proclaimed in the authority of his name to all the nations, beginning in Jerusalem: 'There is forgiveness of sins for all who repent.'**

**48 You are witnesses of all these things.**

**49 "And now I will send the Holy Spirit, just as my Father promised. But stay here in the city until the Holy Spirit comes and fills you with power from heaven."**

In the passage, Jesus is talking to the disciples. He explains the plans that are about to unfold before their eyes. He lets them know how integral they will be to these plans coming to fruition. He instructs them to stay in place until they are ready. The signal that will assure them that they are ready is that they will get a supernatural fill-up from the Holy Spirit. After that, they would be ready to be witnesses to for God. It's the same with us. We aren't fully prepared to be used by God until we are replenished. With this in mind, let's examine: **It's time for a fill-up.**

**Dictionary.com says: Replenish: to make full or complete again, by supplying what is lacking.**

**Replenish: to be restored spiritually, physically, and emotionally to God's original intent through proper nourishment and consistent time in His presence.**

### **Isaiah 40:31 (AMP)**

**31 But those who wait for the Lord [who expect, look for, and hope in Him] Will gain new strength and renew their power; They will lift up their wings [and rise up close to God] like eagles [rising toward the sun]; They will run and not become weary, They will walk and not grow tired.**

Life can often drain our spiritual, physical, and emotional energy through trials and daily demands. Spiritual replenishment ensures we stay strong,

steadfast, and able to endure. Remember, It's hard to do life on empty.  
**WAIT ON THE LORD FOR RENEWAL OF STRENGTH.**

**1. Fill-ups give us strength for life's challenges.**

**James 4:8 (NLT)**

**8 Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.**

Regular spiritual renewal helps us maintain intimacy with God, enabling us to better hear His voice. Then, we can better follow His will and stay connected to His purpose for our lives. **As we spend time in consecration and set ourselves apart, we pull ourselves in alignment with His will and ways.**

**2. Fill-ups draw us closer to God.**

**Matthew 11:28 (NLT)**

**28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.**

Have you ever tried to drive on E? Or, have you ever run out before you got to your destination? Spiritual replenishment provides inner peace and joy. This will alleviate the burdens of stress, anxiety, and exhaustion. The emptiness we feel when we're stressed out and worried is because we are lacking in the one person who could elevate all of it. **THE HOLY SPIRIT.**

**3. Fill-ups help us to maintain peace and joy.**

**John 15:4 (NLT)**

**4 Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.**

It's hard to maintain outside what we're really not on the inside. When our church face doesn't match our work face or party face, it confuses us and

others. Without consistent spiritual renewal, our ability to bear fruit, such as love, patience, and kindness diminishes. **Staying connected to God keeps us productive in His Kingdom.**

#### **4. Fill-ups help us reflect the image of God.**

##### **Romans 12:1-2 (MSG)**

**1-2 So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.**

In order for us to effectively serve others and fulfill God's mission, we need a spiritually refreshed mind and heart. Replenishment empowers us to live out our calling with clarity and focus. It's hard to do God's will without God's mind. **None of us are smart enough to accomplish His will without going about it His way.**

#### **5. Fill-ups equip us to serve God and others.**

We aren't fully prepared to be used by God, until we are replenished by the Holy Spirit. Trying to have a fulfilling life while running on empty is not God's plan. Remember: It's time for a fill-up.