

## **Be filled when you're running on empty**

A nun was going out in her car to visit a couple of care homes. However, the car ran out of petrol along the way. As luck would have it, there was a station just down the road. She walked to the station to borrow a canister and fill the car up.

The station worker regretfully told her that the only can he owned had just been loaned out. Since the nun was on the way to see a patient, she decided she couldn't wait. She walked back to her car and tried to look for something to carry to the station to fill with petrol.

After rummaging around she spotted a bedpan (potty for grown-ups) that she was taking to a person in care. She carried it to the station, filled it with petrol, and carried it back to her car. As she was pouring the petrol into the car with the bedpan (potty), two men walked by. One of them turned to the other, nodded, and said: "Now that is what I call faith!"

Many people are running on empty. They are working more than 1 job, many hours, or unemployed. Some may despair about the political situation in the U.S. or the U.K. – depending on how you voted. Some may be seriously struggling and anxious about their finances, especially with winter coming. Some may just want to give up, because they feel life is just too unbearable. Some may be running on empty because they are not the person they want to be yet, they feel they have made too many mistakes, or not being able to forgive is wearing them out.

If you are running on empty today, you can be **filled**. Through Jesus, God fills you with His Holy Spirit. Jesus' Holy Spirit gives you greater **meaning, freedom,** and **affirmation**.

**Meaning** – 1 Kings: "' I am just gathering a stick or two to go and prepare this for myself and my son to eat, and then we shall die.' But Elijah said to her, '... Jar of meal shall not be spent, jug of oil shall not be emptied'". The widow

was depressed, and suicidal. She wanted to bring her son down with her too! She found purpose and **meaning** only when she gave the last of her food and drink away. Someone here may be suffering depression, or feeling suicidal. Don't close in on yourself. Don't close yourself off from others. You may drag others down with you. Instead give generously to others in need. Generosity will not empty you. Generosity fills you with meaning. See the parish service sheet for info of ways to serve generously in the parish. Gain **meaning**.

**Freedom** – Hebrews: “when he [Jesus] appears a second time, it will not be to deal with sin but to reward with salvation those who are waiting for him.” Jesus won't deal with sin again, because he has already dealt with it. You may be running on empty because of sins, guilt, and/or shame. Jesus has dealt with this already! To claim forgiveness and to await the reward of salvation, offer your sins to God. In the sacrament of reconciliation/confession, truly name and place your sins on the cross. You can experience **freedom** from sins, and await the reward of salvation!

**Affirmation** – Mark: Jesus saw the poor widow and said, “this poor widow has put more in than all...’ You may be putting more effort than anyone into your marriage, relationship, children, family, work, God, etc. You may be thinking and/or feeling that no one notices, or that the results are so meagre you should give up. Persevere. In Jesus, God sees and **affirms** your efforts. We want to see and affirm your efforts. That's why we are having a CMTG next Saturday for all those who work so hard volunteering in this parish. We want to show how your efforts are contributing to bring people to Jesus, renewing the parish, and the whole church.

Rom. 5:5 says “hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit.” In Ephesians, St Paul says “Go on being filled.” Like a car that can't run unless it is filled up, we can run out of love, and need to be filled up.

As we do, we have more energy and love to share with those we may struggle with in our work, with customers, with our bosses, colleagues, in our families, with our siblings, parents, children, friends. Your love can help fill them up when they are running on empty, and fill you at the same time.

## **Prayer**

Lord, thank you that when I am running on empty, you send your Holy Spirit to fill me up with Jesus' love.

Come, Holy Spirit, fill me - my body, mind, heart, and soul, with love.

Give me greater **meaning** as I give generously.

Jesus, thank you for the **freedom** you have won for me by taking all my sins on the cross. Help me to wait with joy for the reward of salvation.

See and **affirm** my efforts in my life, family, work, school, friends, and parish.

Help me to fill others up this week by being more **generous, forgiving, and affirming**.

In Jesus' name, amen!