

Filling Up to Pour Out

As missions-minded women, we love the “go” in the Great Commission. We are energized by opportunities to serve, give, and share. We are relentless in our commitment, like Paul, “to win as many as possible . . . by all possible means.” (See 1 Corinthians 9:19–23, the WMU® focus passage for 2016–2018.)

But we can also learn from Paul’s example to fill up before pouring out. When called to serve, he began with

a retreat. After his miraculous conversion, Paul was led by God to the desert for three years to be alone with God.

During His earthly ministry, Jesus continually pulled away from the crowds and even His disciples to spend time with God the Father. Using His example, let’s be challenged to fill up before pouring out. Let’s consider that our work should flow from our worship. Let’s ponder that being a good leader begins with being a good follower.

Jesus Prays in a Solitary Place

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: “Everyone is looking for you!”

Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.” So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

Mark 1:35–39 (NIV)

SPIRITUAL RENEWAL RETREAT

Filling Up—Why?

- Scan Mark 1:21–34 and share what Jesus’ “day before” included.
- How do commitments, responsibilities, and meeting needs make for full days for twenty-first-century believers?
- How does the day before impact the next morning?
- What did Jesus do the next morning?
- Read Matthew 28:16–20. Ask, What came before the Great Commission?
- How is this worship-before-work principle also demonstrated in Acts 13:1–3?
- Why is it important to fill up before pouring out?
- What is your takeaway from this session?

Filling Up—How?

Read Mark 1:35–39 aloud.

1—Get Up

- When did Jesus get up?
- What can we learn from these morning verses: Psalm 5:3, Proverbs 31:15, Isaiah 50:4?
- What is the benefit of having our quiet time first?
- What can we do the night before to make getting up early happen?

2—Get Alone

- What word in Mark 1:35 tells us that Jesus got alone with the Father?
- Do we allow corporate worship or study to “count” as time with God?
- Why is it important to get with God one-on-one?

3—Get Praying

- What did Jesus do when He was alone with the Father?
- According to Luke 11:1, prayer can be learned. What elements should be included in our prayers, according to Luke 11:2–4?
- What do these verses teach us about prayer: Philippians 4:6–7, 1 Thessalonians 5:17, Acts 1:14, Psalm 55:17?

4—Expect Interruptions

- What happened while Jesus was alone with the Father?
- Who or what interrupts your quiet time?
- What is your response when interrupted?
- What is your takeaway from this session?

Pouring Out

Read Mark 1:38–39 aloud.

- Our time with God usually results in an assignment to “get going.” Where or to whom is He sending you?
- How can being filled up first impact where or to whom we go and how we go?
- Read Acts 1:8. Ask, In whose power do we go and where are we to go?
- Read Acts 5:41–42. Ask, Have you ever suffered for Jesus? Where did the apostles go and what message did they deliver? Have you gone “house to house” in your neighborhood with the gospel?
- What is your takeaway from this session?