

# Thanks In Advance 4 – What To Do When You're Running on Empty

Chris Fluitt – November 30, 2025

**Texts:** John 7:38; John 10:10; John 15:11; Psalm 23:5; Psalm 34:1; Genesis 12:2; Psalm 103:1; John 4; John 2; Luke 9:10–17

**Big Idea:**

Jesus fills... but He never stops at filled. Jesus brings overflow.

Filled is where Jesus starts. Overflow is where Jesus takes you.

**Messy Beautiful Christmas NEXT WEEK  
BUMPER**

Welcome to Redemption Church of Plano, Tx. I hope everyone had a great Thanksgiving. My name is Chris Fluitt and am excited about the season.

**Christmas Season at Redemption Church**

Our Christmas Series starts Next Sunday.

We have a Christmas Party this Friday!

We have a brand new eBook to download.

Today we are going finish up our Thanks in Advance series.

## **Thanks In Advance Title**

Have you ever hit that moment when you realize... **I'm running on empty?**

Empty energy.

Empty motivation.

Empty joy.

Empty peace.

Empty spiritually.

Empty emotionally.

And it doesn't usually happen all at once.

**We leak over time.**

Today I want to talk to you about:

## **What To Do When Running On Empty**

If you feel empty today, you are not alone...

And you are not disqualified.

You are actually *perfectly positioned* for Jesus.

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## The Middle: Not Empty... Not Full

A lot of us walk through life living in the middle:

- Not completely empty...  
but definitely not full.
- Not totally burned out...  
but not burning bright.
- Not spiritually dead...  
but not truly **fully alive**.
- Not falling apart...  
but not thriving.
- Not hopeless...  
but not joyful.
- Not drowning...  
but barely keeping our head above water.

Here's the real issue:

**We've made "barely getting by" our finish line.**

We've normalized running low.

We've accepted living thin.

We've adjusted our expectations to "just enough."

We function... but we don't flourish.

We're alive...

but are we **fully alive**?

Deep down... we know there must be more.

If this is how we've been living...

we've got to ask:

**What does Jesus want for us?**

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Let me show you something from the ministry of Jesus.

There is a **pattern** that appears everywhere:

**People come empty.**

**Jesus fills.**

**But He never stops at filled.**

**Jesus brings overflow.**

Watch how consistent this is...

## **1. Feeding of the 5,000 - overflow**

*(Matthew 14:13–21; Mark 6:30–44; Luke 9:10–17; John 6:1–15)*

They came hungry.

Jesus filled them.

There were 12 baskets left over.

Overflow.

## **2. The woman at the well - overflow**

*(John 4:1–42)*

She came thirsty and ashamed.

Jesus filled her with living water.

She ran to tell her entire village.

Overflow.

## **3. Water into wine - overflow**

*(John 2:1–11)*

They ran out at the wedding.

Jesus filled the jars.

The master of the banquet said,

“You saved the best for now.”

Overflow.

#### **4. The miraculous catch - overflow**

*(Luke 5:1–11; John 21:1–14)*

All night: empty nets.

Jesus filled them.

So full the boats nearly sank.

Overflow.

And Scripture echoes it everywhere:

• **Psalm 23:5** – My cup **overflows**.

• **John 10:10** – Life **more abundantly**.

• **John 15:11** – Joy **full**.

• **Psalm 34:1** – Praise **continually** in my  
mouth.

• **Genesis 12:2** – Blessed to be a blessing.

• **John 7:38** – Rivers **flowing** from within.

• **Psalm 103:1** – Bless the Lord with **all that is within me.**

Scripture sums this up with this powerful prayer.

May the God of hope **fill** you with all joy and peace as you trust in him, so that you may **overflow** with hope by the power of the Holy Spirit. (**Romans 15:13**)

Overflow is not extra.

Overflow is the **normal Christian life.**

So let me ask you:

**Is it in you?**

**And if it is... is it overflowing from you?**

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**ILLUSTRATION - THE CUP**

Hold up the empty cup.

“This cup is us.”

Pour a little.

“We get a little peace...

a little hope...

a little strength...”

Pour more.

“Is it filled yet?”

Pour more.

“Is it filled yet?”

Fill to the brim.

“To most people, this is full.”

Now pour until it spills over.

“But in the kingdom of God...

**you don't know it's filled until it's overflowing.”**

Overflow looks like:

- Gratitude overflowing
- Worship overflowing
- Generosity overflowing
- Hope overflowing
- Testimony overflowing
- Joy overflowing
- The Holy Spirit pouring through you
- Blessing others because you've been blessed

A filled believer is blessed.

An overflowing believer *becomes* a blessing.

What kind of believer are you?

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## ACTS 2 - THE ULTIMATE OVERFLOW

In Acts 2, the disciples were **empty and waiting**.

Jesus **filled** them with the Holy Spirit.

But He didn't stop at filled...

It **overflowed**.

They spilled into the streets.

They spoke in tongues.

They preached.

They worshiped.

They prophesied.

Their joy and power couldn't be contained.

And that overflow touched 3,000 people -  
in one day.

That is not barely getting by.

That is not filled.

**That is overflow.**

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Remember the pattern?

**People come empty.**

**Jesus fills.**

**But He never stops at filled.**

**Jesus brings overflow.**

Church, listen...

There are a lot of places that offer a **nice worship service** -

a little more peace,  
a little more connection,  
a little more inspiration.

But we are not here for “a little more.”

We are here for **overflow**.

You don't need worship that warms you -  
you need worship that **fills you until it spills out** of you.

And there are a lot of places offering a **nice message** -

something to help you get through the week.

But we are not aiming for “get through the week.”

We insist on **overflow**.

That’s why we call you into a prayer space. Because it is not enough to hear the Word - it must **overflow** from you.

Overflow into your home.

Overflow into your children.

Overflow into your thoughts.

Overflow into your relationships.

Overflow all week long until you come back and **overflow again**.

God, give us an **Acts 2 overflowing** of Your presence.

Because it’s not enough to feel Him.

It’s not enough to hear Him.

**It must overflow.**

Let thankfulness overflow.

Let gratitude overflow.

Let worship overflow.  
Let generosity overflow.  
Let compassion overflow.  
Let the Holy Spirit overflow.

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What you do when you're running on empty:

## 1. Come to Jesus honestly

Bring your emptiness.  
Bring your tired heart.  
Empty is not a failure.  
Empty is an invitation.

## 2. Receive His Filling

Open your heart.  
Let Him pour in what life drained out.

**How long has it been since the Spirit of Jesus overflowed in you?**

Not just enough to feel better...  
but enough to move you,  
change you,  
and call you into something bigger.

How long has it been  
since His presence stirred you so deeply  
that you couldn't keep it in?

**If it's been too long - this is your moment.  
This is your time.  
Receive His filling - and let it overflow.**

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### **3. Live habits that lead to overflow**

Overflow is not a moment.  
It's a lifestyle.

Daily habits that produce overflow:

- Daily worship
- Daily gratitude
- Speaking Scripture

- Speaking life
- Praying out loud
- Serving others
- Staying connected
- Inviting the Spirit to guide your day

If the Spirit is in you...

the Spirit should be overflowing from you.

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Before we step into this prayer moment,  
I want us to **make a plan** for this week.

Not a plan to survive...

but a plan to **overflow**.

Before we step into this prayer moment,  
I want us to make a plan for this season.

We are heading into Christmas.

A season where people get busier, heavier,  
more distracted, more overwhelmed.

A season where it is easy to go through the  
motions... sing the songs, buy the gifts,  
attend the events... but stay spiritually dry  
on the inside.

But not us.

Not here.

Not this year.

We are not making a plan to survive this  
season.

We are making a plan to overflow through  
this season.

Plan for His presence.

Plan for revival in your home.

Plan for an outpouring of the Spirit in your mind, your schedule, and your family.

Plan to see lives changed.

We serve the God of more than enough -  
so stop settling for just enough to get by.

Let's plan to live full.

Let's plan to overflow.

Let's plan to carry the presence of God  
through this entire season.

**CALL TO ACTION: From Empty → Filled →  
Overflow**

## **1. Bring your emptiness**

Your empty cup.

Your empty strength.

Bring it.

## **2. Receive His filling**

Whatever you need... Let Him pour in peace, joy, strength, hope, Spirit, life, gratitude.

### **3. Step into the prayer & worship and experience overflow**

Don't stay in your seat.

Don't watch from a distance.

Come experience God.

Come encounter His presence.

Come let Him fill you -  
and not stop at filled -  
but bring **overflow**.

This is your moment.

This is where overflow begins.