

8 WAYS TO FILL UP

So You Can Pour Out



READ SCRIPTURE DAILY

2 Timothy 3:16

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness...

Philippians 4:6

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

PRAY REGULARLY



Psalms 119:11

I have stored up your word in my heart, that I might not sin against you.



MEMORIZE GOD'S WORD

Psalms 105:1

Oh give thanks to the LORD; call upon his name; make known his deeds among the peoples!

PRACTICE GRATITUDE



Joshua 1:8

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it...



MEDITATE ON TRUTH

Psalms 95:1

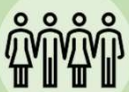
Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!

WORSHIP GOD THROUGH SONG



Hebrews 10:24-25

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some...



ATTEND YOUR LOCAL CHURCH REGULARLY

1 Peter 4:10

As each has received a gift, use it to serve one another, as good stewards of God's varied grace:

USE YOUR SPIRITUAL GIFTS TO SERVE



ADDITIONAL RESOURCES

FOR DAILY SCRIPTURE READING

Taking time daily to read and meditate on scripture will help you grow in your knowledge and understanding of who God is and what He has done. There are countless teachers and resources available. Find what works best to help you succeed in filling yourself up!

- [You Version App](#)
- [RightNow Media](#)
- [Got Questions](#)
- [Verse Mapping](#)
- [SOAP](#)
- [SPECKA](#)

PRAYER

Talking to God will help to strengthen and deepen your relationship with Him. In addition to many books on this topic, there are many strategies that can help. Find what works best to help you make this a daily and even moment-by-moment practice!

- Prayer Journal or Notecards
- [Prayer Cards App](#)
- [Alphabet](#)
- Acronyms
 - [ACTS](#)
 - [PATH](#)

FOR MEMORIZING GOD'S WORD

Hiding God's Word in your heart helps you to receive and give encouragement when needed and also will guide you as you make decisions that honor God.

- [Bible Memory App](#)
- [Speak-Hear-Write](#)
- [Index Card System](#)
- [First Letters](#)

SPIRITUAL GIFTS

As God's image-bearer, He wants to work through you to make Himself known. Use the gifts He has equipped you with to encourage other believers and to help spread the Gospel.

- [Spiritual Gifts List and Definitions](#)
- [Spiritual Gifts Survey](#)