

# DASHBOARD

## Dashboard - Week 3: The Gas Gauge - Keeping My Heart Full

### Connect

What is the closest you've ever come to "running out of gas"? Was it in your car or another vehicle? Or is your story more about running out of gas emotionally or physically? Tell a story about running on (almost) empty.

### Grow

1. Remember the broken gas gauge on Scott's borrowed car? Do you think it's possible to be running on empty emotionally and not even know it? If yes, how does that happen?
2. **Read Proverbs 13:12.** What is it about a full heart that makes things just seem effortless? Why is it easier to tackle even difficult things when our heart is full?
3. Scott said, "When our hearts get sick we lose hope and when we lose hope our hearts get sick." Think about this statement from both angles. What does this mean?
4. The level of *hope* in our lives is critical for our wellbeing. What puts dents in your sense of hope? What causes hope to rise in your life? How can you lean more intentionally into the sources of hope you identified?
5. Whether or not you choose to share your answer out loud... are you able to answer the question, "What am I feeling right now?"
6. Our emotional lives are complex. We can sometimes even be feeling more than one thing at a time. Which of these have you felt within the past week: Angry, Sad, Afraid, Happy, Excited, Empathetic, Sympathetic... or "other"?
7. **Lamentations 3:21, NLT says, "Yet I still dare to hope..."** The question becomes why would we dare to hope? When things are at their worst why should we not just give up and throw in the towel? Take time to remind one another why we *dare to hope*.

### Pray

Scott said, "When our hearts are empty and it feels like we have no hope for the future, one of the most important things we can do is remember who God is and what He has done." **Read Psalm 42:11** and then pray to thank God for who He is. Be specific in the qualities that give you hope.

### Next

We need to pay attention to our emotional gauges, not so we can overshare with others or become morbidly introspective, but so we can make better decisions. Take time this week to observe emotional gauges in your life. Then, bring those emotions to Jesus and hand them over to Him. Cultivate a habit of remembering who Jesus is and what He has done for you. He came to deal with the sources of hopelessness in your life and in the world around you.