

## **Simply One Page-He gave himself fully but never fully away**

This piece was created from my own reflections and vision. I used ChatGPT as a tool to help shape the text from my original concepts and structure. The final form is the result of thoughtful revision motivated by my one page intent. Mike Haddorff, 2507

We all know what it's like to run on empty.

It might be after a long stretch of caregiving. Or carrying burdens no one sees. Or just doing your best day after day with little left in the tank. Eventually, we all hit a wall. And when we do, we rest, we recharge, we eat, we shut down because our resources are limited.

That's the human experience.  
But it's not the Christ experience.

Sometimes we imagine Jesus like us: that after the cross, He must have been depleted, poured out, drained to the last drop. But this is a mistake. Yes, He gave Himself fully. But He was never exhausted, never diminished, never beyond capacity.

Why? Because Jesus doesn't operate on human reserves. He's never running low. Within the mystery of the Trinity, every act of love He gives is instantly sustained by the life of the Father, through the Spirit. There's no shortage. No burnout. No white flag.

Karl Barth captured this beautifully: "He gave Himself, but He did not give Himself away."

This means:

- He gave everything—but He never lost Himself.
- He took on our pain—but wasn't poisoned by it.
- He poured Himself out—but was never empty.

There's nothing you can do, say, or feel that is outside His capacity to hold, understand, and walk through with you.

And here's the best part: He still can. Right now. Today.

So, maybe—just maybe—it's time to stop trying to help God help you. Unclench the fists. Let go of the pressure to fix it all. You don't have to keep dragging the weight as if it all depends on you.

You are held by One whose strength never runs dry.

### **Think About:**

What part of your life is wearing you out right now?

What would it look like to lean into Jesus, not as someone who once had strength, but as someone who still does, right here, for you, today?