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ARE YOU SPIRITUALLY DEHYDRATED?

In Isaiah 55:10-11 it says, ***“For as rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater: 11 So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.”***

When the ground is in a parched condition and drought occurs, nothing can grow like it should. If there is growth it is often stunted because of the lack of water. God gives us a promise here in Isaiah 55:10 that he will send rain and snow that will water the earth and cause it to bring forth so there will be seed for the sower and bread for the eater. This indicates that there will be fruitfulness because seed has been watered causing it to bring forth fruit.

If we are feeling especially dry physically the only thing that can refresh us is water. You can use all other forms of liquid, but they will not do what water will do. Without water, the body becomes dehydrated and will eventually die.

Isaiah goes on to say in verse 11 that His Word is just like the rain and snow. It will also go forth. We can expect God’s word written or spoken to water us. Just like a body needs water, so does our spirit. Our spirit can become so thirsty that it comes into a condition that I would call, “spiritual dehydration.” It is where you are just so dry spiritually that you can hardly function. The only way out of this condition is to pour the word of God, (which is called water in Ephesians 5:26), into your spirit.

How do you do that? Well, it can start with reading the word, which is a good thing, but speaking it out loud over yourself will bring the refreshment (well-watered state) that you need. Remember, faith comes by “hearing” the word of God, so by speaking it out loud you not only bring refreshing, but faith.

When we are spiritually hydrated, it not only brings life to us, but we can then pour out the word upon others. Like ourselves, it will bring nourishment to their spirits. Let speaking the word over yourself become a daily habit. It will prevent spiritual dehydration.