***“****On the last day, the biggest day of the festival, Jesus stood again and spoke aloud. ‘If any of you is thirsty, come to Me and drink.**If you believe in Me, the Hebrew Scriptures say that rivers of living water will flow from within you.”*  John 7:37-38

We have all most likely experienced dehydration. It is the condition of losing more fluid than your body takes in. Dehydration upsets the balance of necessary elements in your body and interferes with normal functioning. You experience muscle weakness and severe muscle cramps. You become abnormally fatigued. Your thinking is affected; you suffer headache, confusion, and often a sense of delirium. We become dehydrated when we neglect to consume the needed amount of water. We become busy and distracted and proper hydration is ignored.

We frequently become dehydrated spiritually. Spiritual dehydration, like physical dehydration, upsets our spiritual balance and function. When we are not regularly taking in the living water of God’s Word, our spiritual muscles become weak and eventually atrophy. Spiritual dehydration causes our thinking and decision making to become confused and unreliable. This is a result of giving out more than we are taking in. And when we neglect spiritual intake due to the busyness and distractions of life.

Jesus invites us to come to Him when we are spiritually thirsty. We are encouraged to drink deep and long from the living water of the Word. Instead of being spiritually dehydrated, we will be overflowing with living water; refreshed and able to refresh others.

Dear Father, thank you for Your Word which is the source of my spiritual strength and well-being. Make me aware when I am becoming spiritually dehydrated. Lord, let your living water flow in me and through me. In Jesus name, Amen.

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