

5 Signs of Spiritual Dehydration

It happens to all of us. We've had a particularly full week or month or season, and we don't realize how dry our interior terrain has become. While we don't have leaves like plants that sag when we're out of touch with God, there are equally obvious indicators. Fortunately, it's fairly easy to assess ... and God has plenty of living water.

5 Signs of Spiritual Dehydration

1. **Lack of inspiration.** When you search your soul for fresh insights from God, you realize there are none. Sure, you're anchored to foundational truth, but there's no recent biblical insight or interaction with God that's propelling you forward in Him.
2. **Absence of joy.** You aren't depressed, maybe you aren't even sad—but the joy of the Lord isn't welling up in your spirit either. You feel pretty flat.
3. **Presence of weariness.** Without the joy of the Lord, which is our strength, we become tired. You realize you've been plodding through your days, and they seem longer than usual.
4. **Routine prayers.** You notice your conversations with God have fallen into familiar patterns and phrases. There's a distinct absence of life and currency in your words.
5. **Snappiness with family.** When your schedule is full and your spiritual tank isn't, you lack grace for others' humanness, especially family members.

If you're spiritually dehydrated, make a determination to take your next available slot today to be with God. Take a good long drink of His Word, revel in His love, feel His strength revive you. Then, ask God to show you how to plant yourself by streams of living water. Start by reading the first chapter of Psalms.

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