

**Living the Intentional Life (Part 1)**  
**“Quenching Spiritual Dryness”**  
(Psalms 42)

**Introduction:** When it comes to our faith; let’s be honest, there are times in our lives when we can feel very empty spiritually, we can find ourselves in a state of nothingness. Nothing seems to interest us spiritually; we do not seem to have the energy to get excited about the things of God. We want to be excited; we want to be interested, but it just not happening for us. We feel like we are wandering in a spiritually dry desert. We are dying of thirst, but cannot seem to find what we need to get on or back on track. *This brings us to Psalms 42*

**I. Three observation about Spiritual dryness:**

- A. Every Christian experiences them at some point –
- B. For those heavily involved in ministry, these are an occupational hazard
- C. There are both causes and cures for it

**II. God may have a purpose behind your spiritual dryness:**

- A. God may be demanding new growth and maturity based on old faith
- B. God may be driving you to a deeper revelation of who He is
- C. God may be teaching us to want Him for who He is instead of what He gives –

**III. You may have a part in your spiritual dryness:**

- A. **Physical exhaustion** – *Some of us are just too busy to make time for God.*
- B. A “cool” spiritual environment – (Mt. 13; Mk. 4) *According to this parable 75% of us have not properly prepared our hearts to receive God’s Word.*
- C. **Extensive spiritual output** – (Jn.15) *We must stay connected to the vine to be replenished.*
- D. **Continual opposition** – *This can lead to spiritual depletion.*
- E. **Cycles of life** – *There are times I am more receptive to God.*
- F. **Exposure to outside influences such as T.V., music, media, etc.**
- G. **Extended bouts with temptation** – (1 Cor. 10:13; Js. 1:14)
- H. **Disobedience** – *Willful, habitual sin will cause us to feel far from God.*

So, what do we do?

**IV. Quenching spiritual dryness:**

- A. **Intentionally rightly identify the cause(s)** –
  - 1. If our spiritual dryness is an issue of sin – (Ps. 66:18; Isa. 59:1,2)
  - 2. *So, if sin is the issue; we must address and confess them before God* (1 Jn. 1:9) the place to begin quenching our spiritual dryness and receiving God’s cleansing -
- B. **Intentionally be honest** –
  - 1. We can and should be completely honest with God about how we feel and what we’re thinking.
  - 2. The Psalmist shows us this (v.9) & (v.8)
- C. **Intentionally go back and affirm what we know:** (v.8, 5, 7)
- D. **Intentionally keep focusing our hope on God** – (v.8) In the darkest hour (at night) –
  - 1. He keeps singing and praying –
  - 2. He keeps looking to God for hope!
- E. **Intentionally remind ourselves of what we “should” do instead of what we “want” to do:** (v. 5)
- F. **Intentionally remember the days of spiritual joy:** (v.4)
- G. **Intentionally plead with God for real intimacy:** (v.1)
- H. **Intentionally set aside time daily to meet with God:** (v.1)
  - 1. We can’t say we thirst for God if we won’t even make time for Him!
  - 2. I understand many have tried to have a daily quiet time and been unsuccessful. Here’s how you do it –
    - a. **Pick a regular time and place** ( A set time “whenever” and a place free of distraction)
    - b. **The amount of time is relevant** – quality is the focus not quantity.
    - c. **I suggest you have three items at all times** – (Your Bible, a note pad or book and a pen)
    - d. **Before you do anything** – Pray, “*Lord I am here to hear from you, Holy Spirit please speak to me.*”
    - e. **Then open your Bible and listen as you read.**
      - Read until you learn something or hear something (**And then:** write that something done, meditate on it, talk to God about it and take that something with you.)
      - **Don’t worry about if it’s something big or little** (It could be a promise, instruction or conviction)
      - There will always be something new every day –

**There is a cure for spiritual dryness or** (depression) but it is not in us. *It is in God!*