



TTWM Selah

“Jesus stood and cried out, saying, ‘If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water’ (John 7:37).”

“Dehydration occurs when you lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replenish lost fluids, you may suffer serious consequences” (Mayo Clinic).

Similarly, many Christians today are dehydrated spiritually. They may be downcast, depressed and despondent. There is debris that blocks the flow of life giving water.

What kind of debris might we have in our fountains? Spending time with the Father and drawing near to Him in an intimate relationship will make us sensitive to those things that are stopping up our well. We need to surrender to the Holy Spirit's “displacement process”— allowing Him to remove what should not be there and replacing it with what He desires to give us. Worship, praise, submission, and thanksgiving keep us hydrated as we drink freely from His living water.

Let us allow the Holy Spirit to bring continual maintenance to our fountains. He will remove the debris of fear and replace it with love; give us faith, instead of doubt; and pour upon us the oil of gladness instead of depression and sadness.

Jesus said in John 4:14, *“But whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.”*

Let us continue to turn to Jesus and drink from His living water. We will find ourselves refreshed and renewed and overflowing with His life!

Prayer:

Father, we don't want to be spiritually dehydrated but be continually filled with the fresh springs of living water. Revive and refresh us today. Remove the dirt and debris in our lives that would hinder the flow of your Spirit. Amen