

Chapter 4 - The Cure For Spiritual Dehydration

Psalms 23:2b “You find me quiet pools to drink from.” (TM)

These words are searching for a home in the hearts of readers who have an unquenchable spiritual thirst. They may utter a plaintive cry like that of the Ancient Mariner as he floated on an ocean of undrinkable water, “Water, water, everywhere, but not a drop to drink.”

The words of a song describe this longing: “You have longed for sweet peace, and the faith to increase, and have earnest, fervently prayed. But you cannot find rest and be perfectly blessed, ‘til your all on the altar is laid.”

Jesus speaks of this kind of spiritual longing in Matthew 5:6, “Blessed are those who hunger and thirst for righteousness, for they will be filled.” (satisfied)

Without a continuous supply of water, the body will begin to desiccate and this dehydration of the tissues can result in serious damage. Thirst is one of the first indicators that the body needs to replenish itself with water. Spiritual “soul thirst” is similar.

When sheep get thirsty they become restless and set out in search for water. If they do not quickly find clean, pure water they will drink from polluted holes where they may pick up parasites and disease germs. It is essential that the shepherd supplies clean water for the health and well being of the sheep. It is easy to make the application of how humans and sheep resemble. Both need clean water to maintain health. Both depend on a source of water outside of themselves. Both get thirsty and when the thirst is not satisfied they begin to panic and seek water, and in dire circumstances will drink polluted water that makes them sick.

Jesus alone can quench spiritual thirst. “On the last and greatest day of the feast, Jesus stood and said in a loud voice, If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him.” John 7:37,38.

Drinking spiritual water simply means to take in, to accept, to believe. The simple lesson is that those who will drink of the spiritual water that Christ offers, will assimilate the very life of God in Christ to the point where it becomes a part of him or herself. The Holy Spirit will “hydrate” the entire personality of a person and they will have a continual flow of inspiration to guide, strengthen and develop the fruit of the Spirit in their life.

Danger comes when men and women who are “thirsty” for God, are often unsure of where to look or really know for what they are searching. The problem comes when a person has an urge to know God, but turns from God to another source. Instead of letting the Good Shepherd guide them to green pastures and pure water, they may stray into barren land and a contaminated watering hole that leaves them disappointed, and they develop a sense of lostness and discontent.

Many stray away from the Good Shepherd and try to satisfy their thirst with self-help psychology, professional therapy, medication, or pseudo religious practices. After a while they discover that they have become spiritually dehydrated. These are not bad people. They just drink from the wrong spring!

Jeremiah, the prophet, accurately portrays the broken lives—shattered hopes—barren souls that are dried up, parched and full of the dust of despair. God says, “My people have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.” Jeremiah 2:13. They are also described as clouds without water.

Saint Augustine of Africa summed it up well when he wrote, “O God! Thou hast made us for Thyself, and our souls are restless, searching, ‘til they find their rest in Thee.”

Fill My Cup, Lord by *Richard Blanchard* 1959

Like the woman at the well, I was seeking
For things that could not satisfy
And then I heard my Savior speaking:
“Draw from my well that never shall run dry.”

Chorus

Fill my cup Lord. I lift it up Lord.
Come and quench the thirsting of my soul.
Bread of heaven, feed me till I want no more.
Fill my cup. Fill it up. And make me whole.

There are millions in this world who are craving
The pleasure earthly things afford
But none can match the wondrous treasure
That I find in Jesus Christ my Lord.

So, my sister (brother) if the things this world gave you
Leave hungers that won't pass away
My blessed Lord will come and save you
If you kneel to him and humbly pray