

Thank you for choosing Rooted & Grounded
for your devotional needs.

Let us know what you like about this topic @
Faith | Rooted & Grounded
(yankeegirlborn.wixsite.com)

Subscribe to our blog to keep up to date on all
new topical studies & more!



Dehydrated

*By Rooted & Grounded
Ministries*

Other Devotionals

Captive

“There have been a couple times in my life that I have felt unable to escape circumstances. In my heart, I believed things would work out. I knew God was in control, but the season seemed longer than normal.”

Meet the face behind the words.

I am a child of God, trying to learn from all the things and people God has allowed into my life.

There have been many hats that I've worn during my life. I'm sure you've felt the same at some point. Each hat and phase of life has taught me so many things. The things are not as important as the more of God that I've felt along each of these paths.

Please join me as I share some of those truths with you.

We hope they are a blessing!

In your readings and study, always remember you are created and loved by God. He designed you specifically for the moments in life you would be a part of and those you could help along the way. He has a plan for your days and wants you to live those days victoriously.

Tools

Serve

Sing in your church

Work in the nursery

Teach a Sunday school class

Visit the elderly

Reflect

Count the ways you've seen God bless your life

Record things He's allowed you to do

Remember those you've been able to help along the way

Reconnect with someone who has meant something to you in your spiritual journey

Mentor: Help someone grow in their walk

Teach your children Scripture Verses Study topics they are struggling with and find biblical solutions

Read through the Bible in a year program

Bible Studies: Individual and Group Character stories

Scripture Memory: Verses & Passages

Sermons If you don't have access to recorded messages, several churches have stored sermons on their websites.

Develop a prayer journal

Ask others what you can pray for

Communicate with God. Tell Him your needs and desires.

Track answers and blessings





Devotional

Are you still doing the things that you were doing when you felt refreshed?

Yes or No

If not, choose what you can begin again with today and carry it through for 30 days and re-asses. If you are and they are not refreshing you as they once did, find something new to implement or a new twist on the thing that has become stale.



It is so easy to go through life and let yourself get dehydrated. Although there can be many causes for this, do you ever remember a time in your walk with Christ that you felt dehydrated?

Where you weren't getting the benefits of the water of life. Maybe you lost interest in spiritual things. Maybe you thought about reading your Bible, listening to a sermon, putting on some uplifting music, attending church or ministering to others; but you just can't seem to get the energy to begin. Then you notice one day that you are spiritually not thriving and in need of the saturation that God's Word can provide.

"PS 42:1 AS THE HART PANTETH AFTER THE WATER BROOKS, SO PANTETH MY SOUL AFTER THEE, O GOD."

The literal definition of the word dehydrate is to lose large amounts of water. Every movement we do causes us to lose water. There are seasons of life where it seems all we do is move. In those seasons, it is so critical to put time and effort into hydrating with God's Word. Whether it is reading a portion every day, choosing a topic to study or memorizing scripture; find what works for you and soak in His Word and allow yourself to be filled with what you need to keep moving forward on the path He has chosen for you.





Your steps don't have to be big, but they have to be consistent. Choose one thing and practice it for 30 days. This can be as small as not missing a service at your church for 30 days. This may seem simple to some but the devil will always find reasons to keep you from what you need to thrive. It is his mission in life to destroy anything that brings God glory. You living a full life drenched in God's blessings and truth is a threat to him because of what God can use you to accomplish and who you can affect when you are showering out his love to others.

"and thou shalt be like a watered garden, and like a spring of water, whose waters fail not."

There are seasons of life just as there are seasons in our world. In some seasons, you can receive more hydration for those around you or activities you're involved with. Maybe you find yourself in a season where others are not dependent on you. Take those moments to remember what you've received in your life and find a way to share it with others. You may even find as your helping others that you learn from them a new way to feel refreshed as well. Life can be busy and there will also be a list of things to do that is longer than the time you have to do them. Sit by the water's edge and fill up for the journey. You will find what you need there!

Dive in Deeper...



Can you remember a time when you felt you were soaked in God's word and had strength enough to do all the things you needed to do? Describe that time below:

What things were you doing that were helping you feel hydrated:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Are you doing those things now? Yes or No

How have your responsibilities or movements changed?

