

Spiritually Dry Times

Recommended Assessments:

1. Heart Assessment – Am I loving people and hating sin (opposed to loving sin and hating people)?
2. Release Assessment – Am I holding on to something that God wants me to release to Him?
3. Truth Assessment – Am I believing as true something that is inconsistent with scripture?
4. Obedience Assessment – Am I living in disobedience to God in any area? This will rob me of joy.
5. Sabbath Assessment – Am I getting enough rest and am I purposing to take time with God alone?
6. Refreshment Assessment – Am I finding ways to refresh or recharge me?
7. Food Assessment – Am I eating something that negatively affects my body?
8. Laugh Assessment – Am I spending any time laughing?
9. Debt Assessment – Am I misspending God's provision or am I foolishly adding up debt?
10. Exercise Assessment – Am I getting regular exercise?

Recommended Activities:

1. Ask others to intercede for you by praying a hedge of protection around you. We are in a spiritual war.

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. I Peter 5:8-9

2. Read large volumes of scripture. Worship Him as you read.

Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. Colossians 3:16

3. Ask the elders to anoint you with oil and pray over you.

Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. James 5:14-15

4. Ask God not allow the sins of my parents to be visited on me.

Exodus 20:5, 34:7, Leviticus 26:39, Numbers 14:18, Jeremiah 32:18