

5 Ways to Confront Spiritual Dehydration

Spiritual dehydration can creep into our lives in many ways, but learning to combat this infection can be the difference between a healthy soul and a broken one.

1. Do away with comparison. Don't compare your inch to someone else's mile. Everyone is on their own spiritual journey, and the reality is that none of us are going to be on the exact same page or chapter. We're all going through different things, experiencing God in different ways and trying to wrestle through different questions.

Do away with comparison, as it will do nothing but get you down and make you feel inferior compared to the accomplishments of others. Comparison is a game you will never win at.

It's not fair to compare your own life with that of someone else. All of us were uniquely made for a different purpose and to experience different things. I'll be honest in admitting that I constantly find myself comparing the accomplishments of others to my own. It's not healthy, nor does it help my current spiritual journey either. Human nature yearns for the approval of others, and much of that is found within the weaving of comparison. We compare in hopes of being better, in turn making us feel better about ourselves.

Regardless of which side we're on, comparison is never healthy nor does it help progress our spiritual well-being. Do away with comparison.

2. Stop trying to do things on your own. Spiritual dehydration can take root in our lives in many different ways, but one of the most common is when we try to do this whole God-thing on our own. You know, as if we've got it all under control. The

beauty of God is that not only is He a spiritual companion, but He is the creator of companionship itself. Humble yourself completely, drop the facade of perfection and allow God to intervene in every facet of your life. Doing so will completely revolutionize your heart, soul and spiritual awareness.

When we give God the room He deserves, our souls will be refreshed and our hearts will flow with His presence. We were created for the partnership of God. We were created to do life hand-in-hand with the one who created us in His image.

3. Don't allow a routine to become mundane. There is nothing wrong with having a routine. In fact, I'd encourage you to make prayer, reading your Bible and experiencing times of worship something you do habitually. What you don't want to do is allow these things to become a mundane routine, something you do just for the sake of doing. Prayer must be done with intention, studying your Bible must be done with tenacity, and worship must be done with passion.

When a routine becomes stale and mediocre, it's time to do away with it and recalibrate your direction. Routines are great because they form habits. You just need to make sure those habits don't become dry and without purpose.

4. Make prayer a priority, not a last resort. Prayer is spiritual dehydration's biggest enemy. When we truly discover the importance of prayer, we will see that it not only replenishes the soul, but it keeps us in tune with the current condition of our heart and mind. Prayer is common among those who are hurting and in quarrelsome situations, but one must not allow prayer to become nothing more than a last resort. Pray first.

Make prayer a priority, a part of your life and something that is interwoven into the inner-being of your character. You, my friend, are destined to be a prayer warrior. Combat spiritual

dehydration with the awe-inspiring communication God has so graciously given us through the art of prayer. Share your feelings, your burdens and pains. Share your frustrations, your joy and your discontent. Share until you cannot share anymore.

5. Equip yourself with spiritual mentors. It's always a good idea to have people in your life to whom you've given permission to keep you accountable, call you out when you do something idiotic and keep you on track with your spiritual journey. Whether it be in person, over the phone or even Skype, give permission to men and women who are wiser than you to speak life into you.

Humble yourself, learn from their direction and allow your heart to be guided by those God has put before you. Your spiritual welfare depends on constant evaluation and refining.

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