

Dealing with Spiritual Dryness

Using selected Scripture, and speaking from over forty years of pastoral ministry, this workshop identifies the condition and presents some solutions for the spiritual dryness that invades all of our lives.

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Psalm 63:1 “O God, Thou art my God; I shall seek Thee earnestly; My soul thirsts for Thee, my flesh yearns for Thee, in a dry and weary land where there is no water. “

I. The Symptoms of Spiritual Dryness

Symptom #1. Living without Joy in the Present Ps. 42:1-3

Symptom #2 Living on Memories of the Past Ps. 42:4 , 6

Symptom #3. Living without Real Hope for the Future Ps. 42:5 -11

II. The Causes of Spiritual Dryness

1. Deceitfulness of Sin Heb. 3:13; Heb 11:25; Ps. 51:11-12; Matt. 13:22

2. Distractions of Human Relationships Matt. 10:37

3. Demands on our Time 2 Tim. 2:4; Eph 5:16

4. Devotion to the Wrong Things 1 Kings 8:61; 1 Kings 11:4

5. Demands of Ministry 2 Thess. 3:13

6. Death of a Vision Prov. 15:13; Prov. 17:22; Prov. 18:14

7. Disconnection from Others Ps. 42:4; Heb. 10:23-25

8. Disappointment with God Ps. 42:7; Ps. 42:9

9. Disapproval of People Ps. 42:10; Heb. 12:3

10. Desire for Other Things Mark 4:19

11. Darts of the Devil 1 Pet. 5:8 -10; James 4:7-8

12. Decline of Discipline 1 Tim. 4:7-8; Heb. 5:14; Heb. 12:11; 2 Pet. 2:14

III. The Steps to Spiritual Renewal

Step #1. Recognize the Difficulty Ps. 32:3-4

Step #2. Repent of the Dryness Ps. 32:5-7 cf. Rev. 3:19; Lk 22:31-32 ; Ps 51:1-17

Step #3. Remove the Distractions Heb. 12:1-2

Step #4. Restore the Disciplines 1 Tim. 4:7-8 ; Heb. 5:14; Heb. 12:11

1. The Discipline of Prayer: Communicating intimately with God as our Heavenly Father Prov. 15:8
2. The Discipline of Fasting: Giving up something of value in order to concentrate on my relationship to God
3. The Discipline of Study: Examining the Scriptures in an in-depth but personal way 2 Tim. 2:15
4. The Discipline of Meditation: Reflecting on the majesty and greatness of Almighty God Ps. 143:5-6; 145:5
5. The Discipline of Silence: Removing the “noise” and distractions from my life
6. The Discipline of Solitude: Getting alone with God Matt. 6:6
7. The Discipline of Confession: Admitting to God and others how I fall short of His glory Prov. 28:13; Jas 5:16
8. The Discipline of Private Worship: Connecting with God and celebrating His presence in a personal and private way
9. The Discipline of Frugality: Not letting the gathering of things get in the way of my intimacy with God
10. The Discipline of Simplicity: Not letting my life get cluttered by unnecessary things Matt. 6:31-34
11. The Discipline of Service: Actively choosing to do things that promote the good of others and the causes of God
12. The Discipline of Abstinence: Denying myself the things that threaten my closeness to God 1 Jn 2:15-17; Jas 4:4

Step #5. Return to a Life of Accountable Discipleship

Any Questions?