

AN ANTIDOTE FOR EXHAUSTION



If you want to avoid dehydration, drink before you're thirsty.

It sounds like a simple enough rule, but it's easier said than done. Our days get busy, we forget to drink, and the progression happens subtly: We go from being parched to having a headache, which becomes fatiguing. And fatigue, unattended, quickly spirals. Before we know it, we're sick.

Ever been there, physically? What about relationally, financially, creatively, or spiritually? Dry seasons are part of every career, home, marriage, and personal faith. Refreshment is needed. Renewal helps us live in the power of the Resurrection. Jesus' resurrection almost two thousand years ago became a promise of new life for all people in all times and circumstances who choose to believe. Not just once and for all but continually and daily. To be renewed by the Spirit of God, we need to be willing to turn to Him.

**In the Judean wilderness,
the ancient songwriter David
wrote some anticipatory words:**

O God, you are my God;
I earnestly search for you.
My soul thirsts for you;
my whole body longs for you
in this parched and weary land
where there is no water.

Psalm 63:1, NLT

David understood the need for refreshment for body and soul and wouldn't wander too far and for too long without spiritual hydration. We'd do well to do the same—to drink before we're thirsty.

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SMALL-BATCH DISCIPLEMAKING

A RHYTHM FOR TRAINING THE FEW TO REACH THE MANY
by **DAVID SUNDE**

