

Getting Your Spark Back

DOG DAYS AND DOLDRUMS

- Natural phenomena we equate with human conditions
 1. Dog Days - the hot humid days of summer
 2. The Doldrums - the intertropical convergence zone
- God's plan is that we come out of spiritual dog days and doldrums
 1. The feeling of being stuck - having no spiritual energy
 2. We don't have to live in this condition (***Romans 12:11 NIV***)

THE MAN WHO NEEDED HELP (1 Samuel 30:10-15 CSB)

- No condition to be of help
 1. Too weak and listless
- David and his men enabled him to recover
 1. They gave him the basics - bread and water
 2. They also gave him an extra boost - fig cakes and raisins
- After he revived, he helped
 1. He was able to lead David and his men to the enemy camp

RE-ENERGIZING SPIRITUALLY COMING OUT OF THE SPIRITUAL DOLDRUMS

- Start with the basics
 1. Have you eaten lately? (***Matthew 4:4 CSB***)
 2. How is your hydration? (***Ephesians 5:18-20 CSB***)
- Add some extra boosts
 1. Stay connected to God by faith, not feelings (***Hebrews 10:22-23 CSB***)
 2. Use your words to express your hope, your expectation of good
- Spiritual energy and strength are for a bigger purpose (***Hebrews 10:24 CSB***)
 1. You have to be strong in order to consider others