



# Help, I'm in a Spiritual *Drought*

A Resource from  
Kindred*Soul* Counseling

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# Day One: Thoughts

“Search me, O God, and know  
my heart; Try me and know my  
anxious thoughts; And see if  
there be any hurtful way in me,  
And lead me in the everlasting  
way.”

## What are You Thinking?

Your feelings are a by-product of what you are thinking. So when you are feeling spiritually dry it is important to take a look at what you have been thinking about. Often times, we listen to our own thoughts, when what we really need is to speak truth to our hearts from the Word of God.

Being spiritually dry can be a warning sign. It can be an indicator that our thoughts are fixed on self, our desires and our circumstances instead of on God and trusting in Him. When this happens, sin enters in and we begin to walk by the flesh. This can create a distant feeling in our relationship with God. He is still with us, for once we are in Christ, nothing can separate us from Him; yet we may feel far because our sin can keep us from enjoying intimate fellowship with Him. We must ask the Lord to search us (and our thoughts) and to reveal "any hurtful way in us" so that we can confess it and draw near to the Lord. For He is the only one who can help us to renew our minds and to fix our thoughts back on Him.

## Reflection

- In what areas of my life have my thoughts been fixed on self, my desires and my circumstances?
- In what areas am I struggling to trust God in?
- What have I been thinking about God & myself? Does this line up with God's Word?
- How much time have I spent reading the Word and in prayer lately? How has this affected my spiritual life?

## Get Practical

- Read Psalm 139.
- Write down 3 truths about God and yourself from Psalm 139.
  
- Prayer: ask the Lord to search your heart and thoughts and to reveal any hurtful way in you. Confess any sin He brings to your attention.
  
  
  
  
  
  
  
  
  
  
- Create a Bible reading plan. Also Create a back-up-plan to help you stay in the Word on busy days (ex. listening to Scripture while driving or repeating verses you have memorized to yourself during the day).

What book of the Bible will I read? or what Bible reading plan will I do?

What general time of day works best for me to read the Word?

What is my back-up-plan for busy days?

Make a list of thoughts to put on & thoughts to put off.  
Ask the Lord to help you in these areas.

THOUGHTS TO  
PUT OFF:

THOUGHTS TO  
PUT ON:

# Day Two: Beliefs

“My soul cleaves to the dust;  
Revive me according to Your  
word.”



## What are You Believing?

Walking through a season of spiritual drought is difficult. It feels completely dull and dry like you are just wandering in a desert with no way out. You try to read and pray and you feel nothing. Yet, in the darkness we have two choices: to give into despair or to hope in God (even when the feelings are not present). To hope in God, even in a spiritual drought, we must stay in His Word and continue to pray—trusting that He is with us. Lillas Trotter puts it as such, “Believe in the darkness what you have seen in the light.”

It is a choice to believe in the darkness what you have seen and know to be true of God when you have not been in a spiritual drought. In Psalm 42, David cries out to God in despair, He is struggling and His soul is cast down—yet, he then goes on to remind his soul to hope in God.

- “Why are you in despair, O my soul? and why have you become disturbed within me? Hope in God, for I shall yet praise Him, the help of my countenance and my God.” - Psalm 42:11

## Reflection

- What have I known to be true about God in the light? Am I choosing to believe what I know to be true about God from His Word?

## Get Practical

- Read and pray through Psalm 42.
- Pray: humble yourself before the Lord in prayer and ask Him to help you to hope in Him and that you would believe He is who He says He is in His Word.

Memorize and meditate on Psalm 42:11.

“Why are you cast  
down, *OMY SOUL*,  
and why are you in  
turmoil within me?  
*HOPE IN GOD*; for I  
shall again praise Him,  
my *SALVATION &*  
*MY GOD.*”

Psalm 42:11

# Day Three: Truth

“Have I not commanded you?  
Be strong and courageous! Do  
not tremble or be dismayed, for  
the LORD your God is with  
you wherever you go.”

## Truth One: You are Not Alone

Scripture teaches that God is always with us and that He is our strength and help. It is important to replace lies that you are believing with truth. The truth we are going to focus on today is that you are not alone. God has not left you alone in whatever you are walking through. He is right there with you in the midst of it.

Scripture also teaches that we are made to live our lives with other believers. The Lord made us for community. Life is not meant to be lived alone, but in community and in fellowship with other believers. We all need others to encourage us and to help us.

## Reflection

- Look up the following Scriptures and write down what they say about God.  
Deuteronomy 31:6,8:  
Isaiah 41:10:  
Matthew 28:20:
- Look up the following Scriptures and write down what they say about community:  
Hebrews 10:24-25:  
Galatians 6:1-2:  
1 Corinthians 12:12:

## Get Practical

- If you do not have Biblical community around you, I encourage you to seek that out as God made us to live life in community with other believers.
- Read and pray through Psalm 23.
- Pray: thank the Lord that He has promised to never leave or forsake you and that He is always with you.

Reach out to a friend today and seek to encourage them in the Lord.

“Bear one another’s  
*BURDENS*, and so  
fulfill the *LAW OF*  
*CHRIST.*”

# Day Four: Truth

“My flesh and my heart may fail, But God is the strength of my heart and my portion forever.”



## Truth Two: God Loves You

Your circumstances are not a measure of Christ's love for you. God sent His only begotten Son to die for you on the cross and to pay the price for your sin (Romans 5:8). Stephen Yuillie puts it as such, "the measure of Christ's love is not our circumstances but the cross."

You may be walking through hard, painful and confusing circumstances right now, but that does not mean that God is not loving and that He does not love you. In fact, Jesus, the perfect Son of God is known as the suffering servant. His life was marked by suffering and He suffered more than we ever will. Jesus drank the cup of God's wrath that should have been poured out on us. Yet, Jesus knew His Father loved Him even in His suffering. John 16:33, says: "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world." In this world we are not promised a tribulation free life, but we are promised eternal life when we place our faith in Christ (John 3:16). Praise be to God for this truth, for the nearness of God is our good (Psalm 73:28) and where the fullness of joy is found (Psalm 16:11). So when trouble and suffering comes, remember, that is not a measure of the love of God. The measure of the love of God is His sending His Son Jesus Christ to pay the penalty for our sin, restoring us to a right relationship with Him.

## Reflection

- In what ways have I been basing God's love for me on my circumstances?
- Why are my circumstances not a measure of God's love for me?



Read Habakkuk 3:17-19. Use these verses to help you praise God even in the midst of hard and difficult circumstances.

“Yet I will *REJOICE* in  
the *LORD*; I will take  
*JOY* in the *GOD OF*  
*MYSALVATION.*”

# Day Five: Truth

“For the LORD is good; His  
lovingkindness is everlasting  
And His faithfulness to all  
generations.”

## Truth Three: God is Good

God is good and is doing good in your life—even when it does not feel like it.

We have to be careful not to live according to our feelings, but according to the truth of Scripture. When we feel a certain way we have a choice to give into that feeling or to combat it with truth. Samuel Rutherford puts it as such, “believe God’s Word and power more than you believe your own feelings and experiences. Your Rock is Christ, and it is not the rock which ebbs and flows, but your sea.” Our feelings come and go, but God is always the same (Hebrews 13:8).

God’s goodness does not eliminate us from suffering in this broken world. Yet, in our suffering, God is still good and is working out all things for His glory and our good purpose (Romans 8:28). We can trust that He is with us and for us, for He has promised to never leave us nor forsake us (Hebrews 13:5).

## Reflection

- In what ways have I been living according to my feelings instead of truth that God is good in all circumstances?
- What do the following Scriptures say about God’s goodness?
  - Exodus 34:6-7:
  - 1 Chronicles 16:34:
  - Psalms 34:8-10:
  - Psalms 100:5:

## Get Practical

- Read and pray through Psalms 100.
- Pray: thank God that He is good and is doing good in your life.

Write down 10 specific things that you are thankful to the Lord for today.

I AM THANKFUL  
TO THE LORD FOR:

# Day Six: Truth

“Declaring the end from the beginning, And from ancient times things which have not been done, Saying, ‘My purpose will be established, And I will accomplish all My good pleasure’”.



## Truth Four: God is in Control

God is in complete control of your life and He can be trusted (Isaiah 46:9-10; Proverbs 3:5-8). The same God who is holding the universes together is holding you. When we trust that God is sovereign and that His plan is perfect, we are reverently submitting to His will and in this are able to taste His peace that “surpasses all comprehension” (Philippians 4:7).

We may not understand what He is doing or have the answers we are looking for, yet we can choose to believe that not only is He in control, but that He is good. In Scripture, the Lord tells us that His thoughts and ways are higher than ours (Isaiah 55:8-9). God chose you for His good purpose, not on any merit of your own, but by His grace and for His glory. In Christ you are “predestined” according to His purpose (Ephesians 1:11). Jesus Christ is not only in control of your life, but He has a perfect plan and purpose for it.

## Reflection

- Read Proverbs 3:5-8. In what areas have I not been trusting the Lord? How have I been leaning on my own understanding?
- What do the following Scriptures say about God being in control?
  - Isaiah 46:9-10:
  - Ecclesiastes 7:13-14:
  - Ephesians 1:11:

## Get Practical

- Read and pray through Psalm 121.
- Pray: thank God for choosing you and for saving you in Christ. Ask Him to help grow your trust in Him even when you don't understand.

Re-read Psalm 121 and write down 5 truths about God from this Psalm 121.

5 TRUTHS ABOUT  
GOD:

# Day Seven: Meditate

“On the glorious splendor of  
your majesty, and on your  
wondrous works, I will  
meditate.”

## Meditate on the Word of God

Scripture tells us to meditate on the Word of God day and nights (Joshua 1:8; Psalm 1:1-3). When we meditate on the word of God we are renewing our minds and thoughts. We are taking our minds off of self, our desires and our circumstances and are placing our minds back on God and His kingdom purposes. We are replacing lies we are believing with the truth of God's Word.

Let us seek to treasure the Word of God in our heart even when we feel spiritually dry (Psalm 119:11), for the Word of God is living and active, sharper than any two-edge sword (Hebrews 4:12). It is only the Lord and His Word that can help us up out of our spiritually dry seasons.

## Reflection

- Read Philippians 4:8-9. What do these verses tell you to think on? How can you seek to think on these things more?
- What do the following Scriptures say about the Word of God?
  - Hebrews 4:12:
  - Psalm 19:7:
  - Psalm 119:25:
  - Psalm 119:28
  - Psalm 119:49-50:
  - Psalm 119:92:
  - Psalm 119:107:

## Get Practical

- Read and pray through Psalm 63.
- Pray: ask the Lord to help you to meditate on His Word and that He would restore to you the joy of your salvation and that you would be satisfied in Him alone.

Memorize and meditate on Psalm 63:1

“O God, You are  
my God; earnestly I  
*SEEK* You; my soul  
*THIRSTS* for You; my  
flesh *FAINTS* for You,  
as in a dry & weary  
land where there is no  
water.”

Psalm 63:1

Spiritual and Emotional  
Support / “Bear one another’s  
*burdens*, and so fulfill the law  
of Christ. Galatians 6:4 / A  
Resource from Kindred *Soul*  
Counseling