



HYDRATE 

Joy! Church, July 2, 2023



We love you. Yes, you.

Bibliography Scriptural bases

- Psalm 23 entirely
- Psalm 42 entirely
- Psalm 51 entirely
- Isaiah 55 entirely
- Psalm 1:2-3
- Psalm 46:4
- Matthew 5:6
- Matthew 11:28
- John 4:10
- John 7:37b-38
- Revelation 7:16-17
- Revelation 21:5-6
- Revelation 22:17
- **Emphases:**
 - 1st Kings 16:29-19:17
 - John 15:1-17

Signs, soul dehydration

Need: Self-protection, avoidance

- Non-typical weariness
- Irritability
- Non-typical forgetfulness
- Misplacing, mixing up items
- Cynicism; criticism
- Easily triggered
- Sarcasm
- Filtered listening
- Self-defense; deflection; excusal
- Should-itis
- Heightened sensory responses
- Dull eyes, complexion, skin
- Sunken affect
- Disengaged; uninterested; MIA



2 KEYS:
- POSITION
- TIME

From withered to supple

1 angle: Reinvest time. Instead of...

- Social media...
- Downing energy drinks...
- Eating on the run...
- Putting off responding...
- All screens all the time...
- Watching junky TV or web...
- Gaming...
- Ingesting unhealthy food...
- Having "a glass" of...
- Consuming cannabis...
- Engaging in unhealthy talk...
- Planning only the to-do's...
- Managing outcomes...
- Saying, "Yes" or "Maybe"...



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Abba says, "Please do. You are worth it. I love you. Yes, you."

