



S E R M O N G U I D E

#### No Limits with Pastor Delman

#### **Quench Your Thirst**

Psalm 42:1

# NOTES INTRODUCTION Are you feeling spiritually deficient? Does it seem like God is farther away than He should be? Has your faith river gone dry? As you face the difficulties of life — the parts you cannot speed up, the tough and trying times — have you failed to connect with God in a meaningful way? If so, you probably feel as though your river has dried up. Though you are thirsty and in need of water, you have nowhere to draw it from. Thankfully, the God we serve is one of Living Water that never goes dry. In this message, we are going to talk about how we can quench our thirst with the water that will never leave us wanting more, and how Jesus is our only true source of satisfaction. **KEY POINTS** 1. Allow God To Replenish Your Soul The soul houses the mind, the will, and the emotions. In the soul and with the soul, we love God, ourselves, and the world. But as central as the soul is, we can sometimes become spiritually disconnected from the source of our being. We can lose the connection we once had. We look at the world and become overwhelmed by what we see. We long for the ways of God. Since the deer cannot live without water (Psalm 42), the things of God are a part of the core curriculum of our faith; they are not electives. Are you in a season where you need to thirst again for the things of God? Do you need to allow Him to replenish your soul? It might be time to turn off the phone, shut down the news, get off social media, take a break from Netflix and online shopping, and get in the face of God. In a world where so many different sources have a voice, sometimes we must shut them all off to listen to the one voice we need: His. 2. Tap Into Your Desire For God As Psalm 42 says, "as a deer pants for water my soul longs for you God." This notion taps into that intense desire for God that we should each have. Imagine a deer panting for water, not just out of depletion, but in desperation. We therefore should be so desperate for the divine, and so passionate in our spiritual pursuits that it is more than just an intellectual interest.

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**NOTES** It is the reality that our lives are lost without God in them. How would you characterize your thirst for God? Are you on fire or is your pursuit lackluster at best? It is not until we shift our desire to be connected to the deeper plan and calling that He has for our lives that we find fulfillment. 3. Make The Decision To Grow Spiritually Spiritual growth does not come by divine osmosis. You do not grow in your prayer life by being haphazard. You do not get stronger faith by reading the Bible only when you hear a sermon. You are not going to grow that way. You will not get the power you need that way. It is all about deciding to make the divine pursuit. And to make that divine pursuit, you must first STOP RUNNING! Many people are so busy doing them that they don't take the time to give priority to their spiritual life. No deer drinks on the run. For it to drink, it has to stop running. You need to pull over to the side of the road, press the pause button, or just stop whatever you are doing and take time to be with God. Once you stop running, you must BOW DOWN. Deer must stop to drink water, but they don't drink upright. To quench their thirst, they must bow their heads and position themselves to obtain the water they need. This is a picture of the posture of worship and prayer we should all have. After all, you cannot grow without making worship and prayer a priority in your life.

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### **QUESTIONS TO CONSIDER**

- 1. Do you feel like your soul needs to be replenished right now? Why do you think you feel spiritually deficient or disconnected?
- 2. On a scale of 1-10, how would you describe your desire for God in your relationship with Him right now?
- 3. When it comes to your spiritual growth, what is one practical step you can take to stop running and bow down?

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