



## 4 Ways to Overcome Spiritual Dryness

**Read:** John 15:1-17

In the gospel Jesus instructs his listeners that he is the vine and we are the branches and that if we remain in him we will “bear much fruit and become his disciples”.

But how do we remain in Jesus? How do we respond when we go through spiritual dry spells? What happens when we feel cut off from the vine? We have all experienced these desert moments. It’s hard for a branch to survive in suffocating heat. When we feel estranged from the vine there are four things we should remember.

1. Sin can cause desert dryness and strain on our relationship with God. If anything, it is a demonstration of his love to let us feel the strain sin causes in order to move us to repentance. Ask God if there are any sins you have yet to confess. Are there areas of your life where God’s love has not penetrated? Ask God to remove those sinful obstacles from your heart and then start anew.
2. Remember your worth. In 1 Peter 2:9-10 we are told that God has chosen us and that we are royalty. We are not chosen because of our attributes but simply because God made us and loves us. We are exalted and elevated in his presence. We have worth simply because we are his.
3. Never stop praising God. Focus on magnifying God rather than your circumstances. Do not let your feelings rob you of the opportunity to praise God even when things aren’t great. It takes true character to praise God in difficult times but it expands our trust in him.
4. Get up. Get Dressed. Go to Church. You’re not the only one struggling. Everyone goes through difficult times. Healing and inspiration happen when we are together. We are strengthened through the community and our reception of Jesus in both word and sacrament.

It’s not always easy being attached to the vine. In moments of trial remain steadfast and dedicated to God. He will not abandon those branches that have grafted themselves to him because he “is the true vine”.