

Let's Talk CHANGE DEVOTIONALS



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A REFRESHED LIFE

Dr. Vanessa Dantzer Ussery | January 10, 2018

No one views stagnant water and feels it is refreshing. Actually stagnant water carries bacteria and can cause an unpleasant aroma. It is definitely not something you can drink. You will never see stagnant water flow or run. It can become a breeding place for insects such as mosquitoes. If you were to put the water under a microscope the invisible life forms would be seen that are also contaminating to human life. Basically when anything is stagnant it is inactive, sluggish and is not advancing properly.

When we as Christians do not trust in the Lord as we should our life becomes stagnant. It is spiritually sluggish and we do not advance in the Lord as we should. Faith and trust work hand in hand. Our struggle to believe God in our life impairs our mind, body and soul. It leads to do draw conclusions from a dead source. The dead source we look to is anything we lean on in place of the Lord. Hard blows in life challenge our faith and trust in God. Very often it's hard in the human scope of thinking to see a solution or way out of the matter. We err by thinking trusting in God takes us further into nowhere and deeper into the land of uncomfortableness. Before long we travel into a dark place of depression and despair which leads to hopelessness. This is the path of stagnant living. I've traveled this road too many times. Have you? I praise God He knows how to snatch us from this state and lovingly lead us back to a refreshed life.

John 7:38 (AMP) says, "He who believes in Me (who cleaves to and trust in and relies on Me) as the Scripture has said, From his innermost being shall flow (continuously) springs and rivers of living water."



The Lord has the solution for a continuous refreshed life. We can eliminate stagnant living if we make up our mind to believe, cleave, trust and rely on Jesus. This daily decision to walk in faith is the only way we can have a refreshed life. For me when I stay open to the Spirit of the Lord and daily speak to Him about my life it allows the movement of His Spirit (living waters) to flow throughout my heart (innermost being). Sometimes certain matters He addresses immediately and some matters linger for a long time, however, the negative impact on my spirit is diminished when I allow His Spirit to freely flow through my mind. That requires a move on my part to trust Him to handle EVERYTHING! I know you and I want a refreshed life daily. Let's continue to make a daily decision to allow the rivers of living water to flow as we trust in the Lord with all of our heart and stop leaning to our own understanding.

Residing in Los Angeles, CA, Dr. Vanessa Dantzer Ussery is the Emeritus Pastor of Home Assembly Church in Los Angeles, is the founder of "Celebrate Change Ministries" and the author of "My Be Attitude: Who Be You?", which is available online in softcover or eBook at MyBeAttitude.org, Xulon Press, Amazon and Barnes & Noble. Dr. Ussery is available for national speaking engagements, empowerment seminars, and lectures. For more information, CelebrateChange.org | Info@CelebrateChange.org | 310-436-6336 x216.

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