

Week 6: When the Well Runs Dry

Day 3: When Your Soul Feels Dry

Listen with Tay: Tay will record this day's reading herself.

Scripture: "I will refresh the weary and satisfy the faint." (Jeremiah 31:25)

Spiritual exhaustion has its own ache. Feeling distant from God. Praying feels hard. Worship feels flat. Scripture feels heavy. God feels silent. Faith itself feels tiring. Pressure replaces peace, and discouragement replaces hope.

Please hear this, love. This is not spiritual failure. It is spiritual depletion. Your spirit needs replenishment, not discipline. You do not need to pray harder, believe more, or try to manufacture feelings for God. A dry sponge does not need a lecture. It needs water.

God is not waiting for you to perform your way back to closeness. He is drawing near to refill you, the way rain does not ask the garden's permission. It just falls, gently, and everything green remembers how to grow.

Gentle prompt: What does your spiritual dryness feel like? Write one honest sentence to God about it. He can handle the honesty.

Prayer: God, my soul feels dry and I have been ashamed of it. Refresh me the way only You can. I do not need more pressure. I need Your presence, like rain on dry ground. Amen.