

# AN ANTIDOTE FOR EXHAUSTION



**If you want to avoid dehydration, drink before you're thirsty.**

It sounds like a simple enough rule, but it's easier said than done. Our days get busy, we forget to drink, and the progression happens subtly: We go from being parched to having a headache, which becomes fatiguing. And fatigue, unattended, quickly spirals. Before we know it, we're sick.

Ever been there, physically? What about relationally, financially, creatively, or spiritually? Dry seasons are part of every career, home, marriage, and personal faith. Refreshment is needed. Renewal helps us live in the power of the Resurrection. Jesus' resurrection almost two thousand years ago became a promise of new life for all people in all times and circumstances who choose to believe. Not just once and for all but continually and daily. To be renewed by the Spirit of God, we need to be willing to turn to Him.

**In the Judean wilderness,  
the ancient songwriter David  
wrote some anticipatory words:**

O God, you are my God;  
I earnestly search for you.  
My soul thirsts for you;  
my whole body longs for you  
in this parched and weary land  
where there is no water.

Psalm 63:1, NLT

David understood the need for refreshment for body and soul and wouldn't wander too far and for too long without spiritual hydration. We'd do well to do the same—to drink before we're thirsty.

Taken from *Small-Batch Disciplemaking: A Rhythm for Training the Few to Reach the Many* by David Sunde © 2023.  
Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc.

---

## **SMALL-BATCH DISCIPLEMAKING**

A RHYTHM FOR TRAINING THE FEW TO REACH THE MANY  
by **DAVID SUNDE**



# QUESTIONS TO PROCESS THROUGH YOUR EXHAUSTION



It's one thing to be interrupted by the phone, our kids, a power outage, a slow driver, a Girl Scout selling cookies, a person experiencing homelessness, or a flat tire. . . it's another thing to be interrupted by God. But what if God were part of our everyday and regular interruptions? Would we recognize it? Most of us experience prompts where we feel led by God to help or respond somehow. Consider the following questions.

- Over the past month or so, has there been an event when you've thought God was trying to get your attention?
- What do you think God might be inviting you to do? Is there something you're supposed to turn from or toward?
- How might you explain hearing God or sensing His presence to a seven-year-old or a skeptical friend?

Taken from *Small-Batch Disciplemaking: A Rhythm for Training the Few to Reach the Many* by David Sunde © 2023.

Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc.

---

## **SMALL-BATCH DISCIPLEMAKING**

A RHYTHM FOR TRAINING THE FEW TO REACH THE MANY

by **DAVID SUNDE**

