

## **Hydration Begins the Day Before**

### **Ready:**

*“But whoever drinks from the water that I will give him will never get thirsty again – ever!” – John 4:14*

### **Set**

When I started running long distances I received wise advice from a veteran runner. He told me hydration begins the day before. To be hydrated on the day of my run I had to prepare ahead by drinking good amounts of water the day before. That simple advice made a big difference in my performance and recovery.

Hydration not only applies to our physical bodies, but also to our spirit and God’s Word. 2 Kings 3:4-24 tells us the story of three kings (Israel, Judah, and Edom) who united to defeat Moab. The kings marched their armies for seven days looking for the Moabites until they were out of water. They were far from home and panicked but went to Elisha, the man of God, to ask him what to do. Strangely, Elisha told them to dig ditches and God would fill them with water without sending rain. The armies obeyed this odd command and when the sun rose the next morning, the Moabites looked upon the camp of Israel, Judah, and Edom and mistakenly thought the water in the ditches was blood because of the reflection of the rising sun. They assumed Israel fought amongst themselves and killed each other. When Moab put down their weapons to gather the plunder, Israel rose up to defeat them.

The ditches represent the activities in our life that catch God’s refreshment, such as reading God’s Word daily, prayer, and fellowship with believers. These “ditches” give us a repository for God’s provision in the short term and His protection for when we need it most.

### **Go**

1. What “ditches” are you digging in your life today to catch God’s refreshment? Are you digging any?
2. How “deep” are your ditches? Are you just going through the motions or are you shoveling deep ditches to capture as much of God’s provision as you can?

### **Workout**

Proverbs 23:12

2 Timothy 1:7

### **Overtime**

*God, make my life a repository of your refreshment and protection. Amen.*

**Bible Reference:**

Proverbs 23:12

2 Timothy 1:7



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