

Submitted by the Youth Sunday School Class

Read Psalm 42:1-2 Meditate on the verse before going on.
Let God speak to you.

Psalms 42:1 As the deer pants for streams of water,
so my soul pants for you, O God.
2 My soul thirsts for God, for the living God.
When can I go and meet with God?

Has there ever been a time in your life when you have panted for God? Where you have been so thirsty for Him that you can feel it?

When a deer pants, it is an intense and unrelenting thing. In the same way, our thirst for God should also be unrelenting. The reality is that our souls pant for him and it's only quenched by the "water" that is God. Are you quenching your spiritual thirst each and every day?

When a person gets dehydrated, the symptoms may not occur until it's too late. Just like your physical body needs water, your soul needs spiritual water too. Think of it like soda. Soda is filled with artificial sweeteners and other artificial ingredients, where water is pure and quenching. Like soda, the things of this world are artificial and not healthy. So challenge yourself to drink of the Father and not of the world this week.