



L.E.A.N. Letter

Don't Wait To "Hydrate"! (Part 1 of 3) ©

Brothers and sisters in Christ, beware of "dehydration" in your spirit! "Dehydration" occurs when spiritual output exceeds spiritual intake. Without proper and frequent use of your most valuable resource, Jesus' name, your spirit will become dry. This will put you in a state of being ineffective and unproductive for the Kingdom of Heaven. Jesus' name is "Living Water". Water is to the body as Jesus' name is to your spirit, and you absolutely cannot survive without either! Jesus' name energizes your spirit like nothing else can. What good is it to be given access to an endless and pure "Water" source if it is not used according to its true and necessary purpose? Are you fully embracing the power that His name will give you, or are you finding yourself in a constant state of mild or severe "dehydration"? This is an area of self-examination that will help you determine your current state of spiritual health.

Often times, the body of Christ can become and/or remain in a state of "dehydration". Perhaps this is because of a lack of awareness, or not doing your own due diligence about how to avoid this issue. Or, there is also a possibility that you are being misled by certain resources that you are allowing into your life (people, television, social media, and/or alternative readings not supported by the Word of God). This is not about placing blame on anyone or anything. This is about creating awareness within yourself when it comes to your own personal walk with Jesus Christ, so that you can take action and make the necessary adjustments to ensure your success throughout your life's journey.

Proper "hydration" of "Living Water" is not just about how much you consume, but more importantly, the proper and timely use of His name to prevent "dehydration" setbacks. "Hydrating" yourself, along with a balanced spiritual breakfast, is the key to igniting your spiritual metabolism for the day of battle ahead. (More on "breakfast" in a later article). The name of Jesus Christ is THE name above all names, and there should be no other substitutions if you seek to live in power (**Philippians 2:9**). The demons are driven out in Jesus' name (**Mark 16:17**), so don't forget to use His name with conviction, power, and confidence when rebuking evil spirits in your presence. Without constant use (and belief) in your number one power source, nothing will propel you forward as you run your race that will help protect you from potential exhaustion, fatigue, or defeat.

On another note, are you someone who does "hydrate" often, yet still feel the effects of "dehydration"? Are you not feeling the presence of the Holy Spirit working in your life, or the fruits of the Holy Spirit inside? If so, there may be a greater issue at stake far more detrimental than "dehydration". **Are you truly saved?** Have you been through the two steps of salvation (**Romans 10:9-10**)? Have you...1) **"Confessed with your mouth that Jesus is Lord, and 2) Do you believe in your heart that God raised Him from the dead? It is with your heart you believe and are justified, and it is with your mouth that you profess your faith and are saved."**

If you have spoken this vow with your mouth, and truly have internalized what you believe in your heart, then have you fully recognized that you have actually married your spirit with Jesus? Have you really become the Lord's bride, and He your groom, and does your life reflect this change of marital status prioritizing Jesus as top priority? Hence, why Jesus is called the Bridegroom. If these steps have been taken, then perhaps this is an area to examine your relationship with Jesus. Are you spending time with Jesus? Are you talking to Him, and listening to His direction like a bride would do with their spouse, and vice versa? Having a close, intimate relationship with Jesus is key to trusting in the power of His name to keep you moving throughout your days. Besides, who is likely to trust someone they hardly know?

Jesus seeks for you to embrace His name in every word and deed (**2 Thessalonians 2:17**), so that you can stay fully "hydrated" without experiencing sometimes devastating spiritual side effects. This is a huge message for those seeking to live in power! The Spirit of Jesus is very much alive today as when He walked the earth, and it is up to you (and every believer) to be the living extension of His greatness while witnessing your life to others, and bringing glory and honor to His name! So, power up, and "hydrate", "hydrate", "hydrate"! (**Please read on...**)



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Have you ever known a believer who has experienced sudden "spiritual" death? Have you ever considered that he/she "died" from severe "dehydration" because they did not use the name of Jesus as much as they needed to stay "alive" in the spirit? Yes, without timely action to remedy a severe state of "dehydration", this can lead to unnecessary and long-lasting side effects, and even "spiritual" death!

Here are a few warning signs and/or harmful side effects of "dehydration" to be aware of, and avoid, so that you can stay proactive in your walk with Jesus:

- Dry, sticky mouth** (Occurs when speaking every other name of Jesus other than His actual name, Jesus Christ.)
- Fatigue** (Weariness or exhaustion that occurs when doing too much labor, or exertion of oneself without the divine aid of Jesus' name to do the work for you. Hence, **Galatians 3:3**.)
- Excessive hunger** (A craving or urgent need for spiritual food or a specific nutrient.)
- Headache** (A time of examining your salvation...check for any "cracks" in your "helmet of salvation".)
- Low blood pressure** (The (low) blood flow and force in which the blood of Jesus and the power of the Holy Spirit moves through a believer's spirit. This can cause spiritual dizziness or feeling faint when trying to stand up to satan.)
- Altered mental state: memory and thinking ability diminished; Confusion** (Occurs when you forget who you are, in Jesus, and what you are living for.)
- Rapid heart rate** (A feeling of conviction from the Holy Spirit that worsens when you ignore Him.)
- Feverish** (A state in which one is suffering from a higher than normal spiritual "temperature" caused by intense emotion, activity, or extreme excitement.)
- Extreme weakness** (What occurs after excessive moments of not realizing who you are in Jesus, or standing in your power source...Jesus' name.)
- Decreased urine output**- (Waste build-up of the world that is not being properly flushed through your spirit.)

So, are you "hydrating" all throughout your day, or are you waiting until you hit a period of "dehydration" as to when you respond to your spirit's dryness? You must rely heavily on proper usage of this invaluable resource, Jesus' name, because without it, you simply cannot survive. You must always remain in a state of "hydration" to ensure optimal spiritual health, which can only happen if you use more of Jesus' name before your power is lost.

There is a misconception that there are many "hydration" options that can power your spirit like using names such as God, Christ, Him, He, Messiah, Lord, etc. Though these names are true to Jesus, only the pure name of Jesus Christ can give you the power you need. It is the very thing that your spirit desires most, and the one name that your enemy absolutely despises and cannot stand against.

Understand that this message is not to instill fear, but to encourage you to take action (daily) before it is too late, and your spirit begins to shut down. Depending on your level of dryness, water your "roots" accordingly before your spirit becomes unfruitful and you fall away (**Matthew 13: 18-23**). Time is so incredibly precious, and Jesus wants you to experience full spiritual transformation in Him, which can only happen in a healthy, fully-functional (spiritual) body. So, with this said, please **don't wait to "hydrate"**..."drink up" and use the name of Jesus all day long, and stand in the power you have been given as a child of the most high God!

(For some helpful tips to prevent spiritual dehydration, please visit lean4jesus.org and see part 3 of this article!)



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(6) Helpful Tips to Avoid "Dehydration":

1) "Hydrate", "hydrate", "hydrate"...use Jesus' name A LOT!

-First thing in the morning, properly "hydrate" to awaken your spirit...worship in song and talk to Jesus.

-*"And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us (1 John 3:23).*

-Speak every word and do every deed in Jesus' name (Colossians 3:17).

-Drive out demons in Jesus' name (Mark 16:17). Avoid using substitute names such as God, Lord, Christ, Him, He, Messiah, Savior, etc. when seeking to stand in power. Jesus' name is the ONLY power source since He is the one currently in authority over heaven and earth (Matthew 28:18).

-When two or more gather in Jesus' name, His Spirit will be in the midst (Matthew 18:20).

-Even Jesus recognized the power of His name...not His entity (John 17:11).

***Tip:** Proper "hydration" really has nothing to do with "thirst". It's about being proactive and giving your spirit what it needs before experiencing uncomfortable side effects. If you already feel a sensation of "thirst", you are likely already "dehydrated."

2) Know the spiritual climate of your environment.

-Assess if you are around believers or non-believers by testing the spirits (1 John 4:1).

-If around non-believers, then be ready to stand in Truth, but put your Bible to the side (since the Word is for teaching, training, rebuking, and correcting believers only (2 Timothy 3:16)), and then shine the light of the Holy Spirit that much more brightly by witnessing your own relationship with Jesus. Let the demons hear you speak Jesus' name that much more!

3) Dress appropriately to avoid unnecessary "sweating".

-Wear your "helmet of salvation" to protect your mind from getting tainted by the world.

-Put on your "chest plate of righteousness" to protect your heart for Jesus.

-Buckle your "belt of Truth" around your waist (the Truth that comes from the Word of God).

-Make your "feet fit for readiness" to walk in the Gospel of peace.

-Hold your "shield of faith" in front of you and keep your "sword" (the Word of God) nice and sharp, Attack or block your opponent when necessary. However, avoid the spiritual traps of quarreling over Scripture (Titus 3:9).

***Tip:** No matter what, stay dressed (24/7) in your 6-piece "workout attire"!

4) If you are going to participate in deep fellowship or ministry, identify who you will speaking to and prepare accordingly.

-Pray and seek direction from the Holy Spirit if this is someone you should be meeting with, or a possible (time) trap from the enemy. We do not have time to waste. Seek to be in the Lord's will always when it comes to how you utilize your time!

-Avoid distractions prior to your meeting. Satan would love nothing more than to distract your mind before an important divine appointment.

-Be prepared to use your spiritual gifts with that individual (if led to do so). You will need the name of Jesus to be successful in utilizing your gifts!

5) If you experience any of the symptoms above, then rest for a while in a quiet area and "drink up" the name of Jesus to "rehydrate"!

-Remove yourself from others and sit in a quiet place and meditate on the name of Jesus.

***Tip:** If under attack, repeatedly speak Jesus' name out loud while rebuking spirits. Let Satan hear your authority by coming in Jesus' name.

6) "Dehydration" can often occur with a "stomach" ailment ("digestion" issue).

-Make sure that the Word of God has been "digested" in your spirit after you "swallow" it. Otherwise, you may experience a loss of power through "vomiting" or "diarrhea" (often times, uncomfortable experiences in which the Word of God is purged from the spirit when not properly "digested").

~ These inspired words are intended to strengthen the body of Christ so that we can eliminate spiritual obesity (unnecessary confusion and distraction), and to set ourselves apart from the world so that we can stand out as the mighty warriors we are called to be In Jesus' name! (These inspired messages/teachings are never to substitute the pure Word of God found in The Holy Bible.) ~

May you be blessed, and may you "Live L.E.A.N. (Loving Everyone As Neighbors)...Live Long!"

~Scripture passages are cited using the NIV Holy Bible.~