**Restored**
Watching my child rapidly go into dehydration was almost more than I could bear. I was so perplexed and shocked because I had never actually seen it manifest. I felt so helpless as I watched him lay lethargic without tears or the sound of crying. There actually came a point that he even refused to take in what he needed most...water. In that moment of crisis, I knew enough to rush him to the ER.

There are times in life that we should be admitted into the spiritual ER for an IV to get what we need into our soul. Have you ever felt spiritually dehydrated, lethargic or without tears? As a single parent, we have those moments. When they set in, we have deep yearnings to just need someone present with us, for someone to know what is going on and someone to understand. How we walk through these times is critical, just like dehydration. It's important to know how to navigate through these times:

* Immerse yourself into the Word of God. Like water, the Word will provide the nourishment like an IV bag! It's okay to be honest and tell God where you are and how you feel. Ask Him to lead you to the verses He wants you to read and to show you what He wants you to see.
* Seek help by telling trusted mature believers around you. They will understand and will help walk alongside you through this time.
* It's tempting to pull away from community but this is the time to PRESS IN! Like my son, he was refusing to take in what he needed...water! Rely on others to come around you for prayer and a listening ear. Will they have all the answers...no, but they are there for you and they care. These are your people that will be there for you just like you will be there for them.
* Find scriptures to memorize for moments like these. They come when we least expect...so be prepared to walk through this armed with the Word in your heart.
* Again, be honest with God and tell him what has been going on through prayer and petition.

Nothing restores us more than the Word of God. You will find that as you attach (like to an IV bag) and receive the Word of God into these spaces in your life you will find restoration and refreshment you once had and so much more. Read one of the most famous Psalms of David,

*1 The Lord is my shepherd, I lack nothing.
2     He makes me lie down in green pastures,
he leads me beside quiet waters,
3     he refreshes my soul.
He guides me along the right paths
    for his name’s sake.
4 Even though I walk
    through the darkest valley,[*[*a*](https://houstonsfirst.us2.list-manage.com/track/click?u=64a39fd61396677936ecaaf36&id=471f727713&e=c96041ca1e)*]
I will fear no evil,
    for you are with me;
your rod and your staff,
    they comfort me.
5 You prepare a table before me
    in the presence of my enemies.
You anoint my head with oil;
    my cup overflows.
6 Surely your goodness and love will follow me
    all the days of my life,
and I will dwell in the house of the Lord
    forever. (Psalm 23)*

If we have not met, I want you to know that my name is Holly and I walked into this church 22 years ago with a 5yo daughter and a 2 month old son in tow. This church embraced me but bigger than that the gospel and what God did in my life changed this common girl forever! And I know He will do the same for you! He will! Enjoy the SPF ministry and the newsletter and get excited about what God has in store for you and your children!

Holly Crain

Holly.Crain@HoustonsFirst.org

 713-957-7674