

DIGGING YOUR WELL DEEPER

“**N**o one knows how deep their wells are until they need to dive into the deep reservoirs.” My friend, whose home just recently burned to the ground, wrote these words to me. She is deeply grateful to the Holy Spirit for all the “well-digging” He has led her to do in recent years, though she had no idea what life had in store for her and her family. None of us knows what is around the corner, but whatever life holds for each of us, *we can be assured that the One who is Life itself will hold us.* There is no better guarantee of safety, well-being and provision than that!

Since hearing the Lord ask me, “How deep is your well?” I have purposed in my heart to cooperate with allowing the Holy Spirit to “go deeper” in my life. I know that He has my best interests at heart, and He knows exactly what I will need and how to best prepare me for tomorrow, next month, next year and each moment of my future. *He knows exactly what you will need, too.*

DRAWING FROM THE LIVING WATER

Just this week someone who is very dear to me had an acute, life-threatening asthma attack. Not being a chronic asthmatic, she was completely taken off guard and was confused and panicked by her inability to breathe. As her lungs locked up, her extremities began to tingle from lack of oxygen. Being alone in the house with her small child, she struggled with the knowledge that she would soon lose consciousness. It was at that moment, that the Holy Spirit instructed her to **go and get a nebulizer** that the doctor had prescribed for her little girl during a bad cold nearly two years earlier. She managed to dig it out and get the medicine into her lungs in time, breaking the attack and saving her life! Her little girl had only used the nebulizer machine a couple times, and she had felt that the purchase of the expensive machine was probably a waste and overkill. It wasn't either one—it simply wasn't meant for her little girl's need; **it was meant to be provision for her need, two years later!** The Holy Spirit, in His faithfulness to her safety, well-being, and provision had seen ahead and put His provision in place.



HIS PROVISION IS ALWAYS IN PLACE

His provision for us is *always* in place. The challenge in any given situation comes from whether or not we have trained ourselves to drink from the well of Life that is within us. It is all too easy to become reliant on any number of other people or things to help sustain us when we come up against challenging times, which often blinds us to *the perfect provision that has already been put in place for us.*

With both of the examples I just shared, these women faced life-threatening, traumatic events. In both instances, the life-giving wisdom and instructions for their situations came from within—from the wellspring of Life that is always available in our spirit. In both cases, these women were accustomed to “diving into the reservoir” to find their sustenance. The Holy Spirit is faithful; our provision is already in place. *The big question is whether or not we will expend the focus and effort it takes to train ourselves to look to Him with trust and confidence when the going gets tough!*\

DIGGING YOUR WELL DEEPER WITH FASTING

One very powerful tool to dig your well deeper is fasting. Wait! Hang on! Don't throw this letter down with a groan and shudder. Keep reading—you might be pleasantly surprised. Having been raised a Roman Catholic, and being old enough to remember fish sticks every Friday in school, I was conditioned to think of fasting primarily as **deprivation**. NOT SO. Now, I realize that the primary focus of fasting is not in what you go without, it's in **WHAT YOU STAND TO GAIN!**

When you fast, you purposely choose to weaken the temporal for the sake of strengthening the spiritual in your life. So, it's not about focusing on not being able to eat, or watch t.v. (or whatever you're fasting), it's about finding a new strength of spirit that you had no clue was there for you. It's about trading something ordinary for something very extraordinary! It's about digging your well deeper.

Lately I have been thinking a lot about the amazing fast that Jesus experienced while in the wilderness for forty days. He didn't just go without food. Actually, he went without every normal thing that we humans look to for sustenance, comfort, and well being. There's food. . . and then there's **comfort food**. You know what I mean; there's the food we eat to live and then there's the food we eat to comfort ourselves, or reward ourselves, or whatever emotional link we have to certain foods. For me, it's Mexican food. How that came to be I have no clue. But this much I know—sometimes the desire for Mexican food can cause me to drool when I am overseas on the mission field!

Back to the point: not only did Jesus choose to go without food, but he went into the wilderness alone. He fasted human companionship and comfort. He chose to put himself in a position whereby he set the precedent for his ministry—a precedent of looking to the Holy Spirit for His provision instead of to people or what people could offer him.

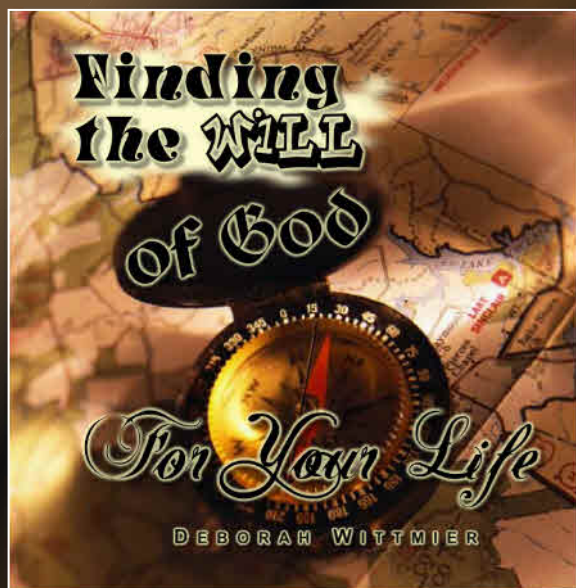


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He fasted every sort of physical and emotional pleasure and comfort. He chose to strengthen his ability to draw from the well of Life in the Spirit by purposely refusing to draw from the physical or emotional realm. It's what is meant by the scripture, "for when I am weak, then am I strong." (2 Corinthians 12:10b)

Fasting simply gives us the opportunity to crank up the volume on the input we are getting from our spirit man and turn the volume down on the input we get from the temporal parts of our lives. (It'll also show you just how much you automatically rely on the natural, as opposed to the supernatural!) I highly recommend it. I challenge you to consider what you stand to gain! ■

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