

Spiritual Doldrums

Introduction:

- A. *It Happens*
 1. Something happens (or, doesn't happen) and we simply *shut down*.
 2. We become stagnant, listless, despondent.
 3. We feel like the sailors traveling through the equator's doldrums.

Discussion:

I. Entering the Doldrums

- A. When in this state of lifelessness you find yourself no longer ...
 1. Stimulating your brethren (or, being stirred up by them). **Heb. 10:24-25**
 2. Manifesting or receiving love. **Heb. 13:1**
- B. This spirit is in desperate need of restoration.

II. In the Doldrums

- A. Once you've entered the doldrums things can become even more disheartening.
 1. It is easy to become dissatisfied about things/others.
 2. You now search (and find) things that confirm/validate your dissatisfaction.
 3. Worst, some end up leaving for something "better;" for "greener pastures;" as a means out of their doldrums.

III. Getting Through the Doldrums

- A. *Stir up* love and good works. cp. **Rom. 12:10**
- B. Do not grow weary doing good. **Gal. 6:9-10**
- C. Think on things ... for the purpose of serving and glorifying our God. **Phil. 4:8-9**

Conclusion:

- A. Those who don't want to be in this situation: there is hope. **Rom. 8:28**
- B. Those who know but don't care to get out: there is no hope until the desire returns.