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# CACTUS

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> *Matthew 5:45* <

He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.

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Some days are going to be good, others, not so much. Life and even our spirituality are not constants. Sometimes there is abundance and other times there is drought. When I was a teenager, I would feel like God was very far from me in these desert times. I remember feeling like my faith was all dried up and I wondered at points whether God was still active in my life. A mentor once told me during one of these times that it's important to keep doing what you've been doing spiritually and to not worry, that God was still there. He told me that I just have to be prepared for times in my life like this. It was good advice then, and it's good advice now.

The cactus is always prepared for tough times. It has an incredible ability to live in some of the most arid places in the world. The cactus, during the dry times, knows what to do to conserve water and take advantage of the abundance of sun. It adapts itself to the dry times. We have to do the same. We have to know what things feed us and keep us going. We have to know not to forget them when things get difficult.

For everyone these habits are a little different. For some it's prayer practices and for others it's Scripture reading. For some they continue their faith in tough times through meditation and fasting. Even others work through these times through conversations with friends and mentors. Find your constants and flourish in the dry times!

## **Go and Do**

There are tons of different spiritual practices that have grown the faith throughout the history of Christianity and the church. Most of us don't know the majority of these practices and are missing out on a wealth of ways to connect with God. There are a few books that are wonderful at explaining these practices and how they connect to your life today.

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