



# **Lights and Perfection, Inc.**

**Go and make disciples!**

E-votional 122

## **Leanness In Your Soul**

Psalm 106:13 -15 (NKJV),

*“They soon forgot his works. They did not wait for His counsel, but lusted, exceedingly in the wilderness and tested God in the desert. And he gave them the request but sent leanness into their soul.”*

To understand this better. We need to also go to Numbers 11, and I am not going to read the whole chapter there's really no need for it. However, you have the ability on your own to dive deep, to prove or disprove the things that I say from these Scriptures. But there are certain contexts that I want to bring in. And there are certain examples throughout the chapter of Numbers 11, that coincide with Psalm 106:13-15, that highlight today's understanding and theme that I believe the Lord is teaching us. Well, I know He is teaching me and growing me in these things, but I think all of us at times, and in many ways experienced some of the same things.

So the context here, this idea in Psalm 106:13 says, *“They soon forgot his works. They did not wait for His counsel.”* Now, we jump to Numbers 11:1-3-4

*“Now when the people complained, it displeased the Lord for the Lord heard it and his anger was aroused. So the fire of the Lord burned among them and consumed some in the outskirts of the camp. Then the people cried out to Moses. And when Moses prayed to the Lord, the fire was quenched. So he called the name of the place Taberah because the fire of the Lord had burned among them. Now the mixed multitude who were among them yielded to intense craving; so the children of Israel also wept again and said: “Who will give us meat to eat?”*

Two complaints in a very short period of time, one complaint, right after another complaint that was judged by fire from God where Moses had to intercede for the children of Israel so that the fire was quenched.

So back to Psalm 106:13, again, it reads, *“they soon forgot his works. They did not wait for his counsel.”* Here's that example in again Number's 11. The people complained and it displeased the Lord. The Lord sent a consuming fire and consumed some of them in the outskirts of the camp. Then the people cried to Moses, Moses, praise, God, quenches the fire. And then it says, and now the mixed multitude who were among them. So therefore those people that were just judged by God and to which God had sent redemption through the prayers of Moses yielded to intense craving. So the children of Israel also wept again and said, who will give us meat to eat? They go further in Numbers, 11:5-6, *“We remember the fish which we ate freely in Egypt, the cucumbers, the melons, the leeks, the onions in the garlic. But now our whole being is dried up. There is nothing at all, except this manna before our eyes.”*

Brothers and sisters, the heartbeat of this message is what was just said by the children of Israel. They said, *“our whole being is dried up.”* Now I want to echo that again with Psalm 106:13-15, *“they soon forgot his works. They did not wait for His counsel, but lusted, exceedingly in the wilderness and tested God in the desert. And he gave them their request, but sent leanness into their soul.”* And so the interesting thing here is the word leanness. This actually means destruction, wasting disease, or scantness, and that idea where we get from the children of Israel when they said our whole being is dried up. Now, they already had a being that was dried up, which is why they were yielding to intense craving. But this idea here that God still gave them what they wanted and sent leanness into their soul. The soul is the mind the will and the emotions. So if you can picture when the children of Israel said that their whole being is dried out, understand that leanness in the mind, the will, and the emotions are primarily what was taking place there. And so we need to understand the context of what took place before this, and also what was going on in their yielding with intense craving. And so I want to move forward to Numbers 11:18-20. The basic thing here is that they were craving meat and God had already provided for them manna from heaven, but they wanted meat and they remembered how great it was in Egypt for them in their bondage.

We think of Egypt today as a type of sin for believers and unbelievers alike. And so we never want to go back to where we came from, much like we never want to go back to our old sinful ways. We never want to crave what we used to have.

And also on another level, this is a kind of two-part message in that it can be for those who do not have Christ Jesus or those who have not surrendered their life to Christ. And also those who have surrendered their life to Christ, but still have these things that God is working out in their life. And so it kind of puts us all on the same playing field as far as it is for this teaching.

The main premise in this teaching will evolve from the idea around what the children of Israel said here, *“but now our whole being is dried up.”*

I'm first going to discuss the implications for the lost in the world, those without Christ. You know, this idea of having our whole being dried up is a good illustration of a bucket of water that has a hole in the bottom of it. We try to fill our heart, our mind, our will, our emotions, our lives, and our circumstances with everything that brings us joy and peace in this life. And again, this part of the message is primarily for unbelievers at this moment. And then I'll talk about believers. So for unbelievers that don't have Jesus Christ in their life. They believe in false gods. They believe in all sorts of ideologies to fill their cups and their buckets with stuff that makes them glad, stuff that brings them peace. But the problem is like the children of Israel. They felt like their whole being had been dried up. Even though they had everything they needed, they felt like they had nothing at all.

And so with that, I want to touch on, before my Christian journey. I sought to fill my bucket with all the things that made me happy, relationships, drugs, alcohol, and pills. I mean, you name it, money, relationships, and stuff in general. You know that feeling, when you get a lump sum of money, you get this excitement and this joy, or when you take that first hit of whatever you're taking, you get this intense joy and you get satisfied. But then when that moment passes, you're left dry and without anything. That's because that we have put that in the bucket of our life, that has a hole in it. It's always going to drain out. And so the only way to true satisfaction in life, and I don't mean having everything you want in this life. I mean, true satisfaction, true lasting joy, true lasting peace that does not fade that does not go away, come hell or high water. The peace of God that surpasses all understanding, to guard your hearts and minds through Christ Jesus. When we don't surrender to Christ, we have this bucket, we have this hole in this bucket and the water gets continuously drained out of it. Every time we fill it, we find a new relationship, we find a new drug, we find a new excitement or joy in life. And then again, it becomes nothing to us because the joy of it gets drained out. The desire for it gets drained out. And so we have to move on to the next thing and the next thing and the next thing. What's interesting about my life is that I did that for so long. I found all sorts of temporary satisfaction, but it wasn't until I came to Jesus Christ and surrendered everything, 100% no holds barred that I experienced true and lasting satisfaction.

I had to let go of my intense craving in this life. I had to let go of my plans and my purpose. And I had to patiently endure the correction of God in my life so that I could become a mature Christian and continue to become a more mature Christian as I will get into next. But the main premise here for unbelievers again

is that dryness that you experienced in your life is because you don't have Jesus in your life. You may believe in God. You may understand that there is a God. After all, who can look around in this world and think that there's no God? The fool says in their heart, there is no God. So it doesn't take a rocket scientist to passively believe that someone or something created everything. There's a reason why we are who we are because God created us. But it takes another step to surrender your life and surrender full, unlimited control to the Lord Jesus Christ, as your King in this life, and the promise of life to come.

When you truly believe in your heart and confess with your mouth, that Jesus Christ is Lord and was raised on the third day. When you believe that he died for your sins, there's a peace that can come into your life. It is the peace that is the assurance of salvation. It is forgiveness of sins. It is turning from our evil ways unto the Lord Jesus Christ and following him, that brings true everlasting satisfaction. Jesus talked to the woman at the well in John 4. Jesus was saying to this woman who had like four or five husbands and the person she was living with at that point, wasn't her husband. So she was living in an adulterous relationship after adulterous relationship. This woman tried to fill her cup or her bucket with relationships. And Jesus said to her, "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water. (John 4:10)" That water will become in you a wellspring of everlasting life. And that is true satisfaction in this life. That true satisfaction that I received through surrender to Jesus Christ was found in a prison behind razor wire, where I had nothing. But Jesus was enough to bring everlasting satisfaction into my life. And He can and stands ready to do the same for you granting you are willing to let go of your life and turn from your sins to Him.

Now that that's out of the way, moving into the next phase. This is for those that have surrendered their life to Jesus Christ, where we find ourselves in these seasons where we feel like we have leanness in our souls. We may have yielded to intense craving.

And this brothers and sisters is the work of sanctification in our lives. That when we come to a point in our lives when we understand that as they soon forgot God in His works nor waited for his counsel that we can do the same. There are sometimes brothers and sisters that we are so hungry for what we want in life, that we put aside patience and we put aside God's counsel and we take up for ourselves our own desire and then plot to carry it out. So the next verse in Psalm 106:14-15 goes even further when it says, *'But lusted exceedingly in the wilderness, And tested God in the desert. And He gave them their request, "But sent leanness into their soul.'*

Sometimes the desires we want cause consequences in our life that are both inward and outward but more importantly for this teaching for believers in Christ who have surrendered their lives to Christ the inward leanness in your soul, in your mind, your will, and emotions are more our focus as it relates to this teaching. However, that does not automatically exclude us from the other definition of the Word leanness which is as found in other resources, namely taken from, <https://biblehub.com/hebrew/7332.htm> which can also mean wasting disease as in a literal sense. Hence the need to share that there are both outward and inward forms of leanness as it relates to the one sequence in Numbers 11 and Psalm 106.

Sometimes this inward leanness or outward are indicators and things that can direct us to what God is trying to teach us and train us in. Sometimes we put all of our hope into one thing, and sometimes maybe it started as a good intention that we were doing the right things. We were serving the Lord. And then we started to put these things before the Lord. And then all of a sudden, the joy that we used to have in doing that thing or hoping in that thing, well, it has become nothing but a dry wasteland. And we start to question our motives and question our intentions. It is in those moments, brothers and sisters, that I believe God uses to get our attention, to point us back to the cross, and to show us that Jesus is our all in all.

Yet, there are other times in our walks when we want God to do good things for us. We pray so hard and devote all of our spare time to finding out how to achieve what we think is good for us. Then somewhere along the line, we find ourselves in that place of leanness where the joy we once had is a distant thing and almost nonexistent. Again, this leanness in our soul, our mind, will, and emotions, ought to indicate to us that somewhere along the line we lost focus and need to redirect our gaze to the cross. Maybe, we just need to stop, drop, and be still before the Lord.

Sometimes we need to reevaluate our lives in the context of the children of Israel. You know, I find that these next few passages are amazing for that purpose.

Numbers. 11:19-20

*“You shall eat, not one day, nor two days, nor five days, nor ten days, nor twenty days, but for a whole month, until it comes out of your nostrils and becomes loathsome to you, because you have despised the Lord who is among you, and have wept before Him, saying, “Why did we ever come up out of Egypt?”*”

You and I may not be thinking like this in a literal sense as relating to wanting to physically go to where we were at another time in our life to have what we had. But the heart of this message is spiritual as it relates to us. In saying that, I mean, that we can at times in our walks with Christ be overly desirous of something that we had in the past or even of something that we want that never had. Maybe it was something simple as money, or comfort, or a sense of pride in something that we no longer have. Or maybe we look back and say, you know life was easier back there, I want it the way it used to be. Or even, maybe it is nothing like that at all and you are just overly desirous in a way that focuses on something that you really want out of life.

You know, I had stuff when I was living in sin, but I know inwardly now, that I had nothing at all. Like my everything today is Jesus. And my passion is Jesus. My satisfaction is Jesus. My love is Jesus. Everything about me is Jesus. I can't say his name enough because he is the author of our salvation. And so we may not have the same mindset that we just constantly looked back to Egypt. But nevertheless, the principle here is that the children of Israel yielded to intense craving. They soon forgot God's works and they didn't wait for his counsel. God had promised the children of Israel through the wilderness, that he was testing them to see what was in their heart and to bring about humility and trust in God's salvation and plan and work and purpose for their lives, through the wilderness experience, to lead them to a place of abundance, to a land flowing with milk and honey. The quicker they got the lessons, the quicker they were supposed to get to the promised land. But as it is, they kept forgetting God's works and wanted things that God did not yet have for them and losing ground in the wilderness, and having to relearn lessons all over again.

So here they are, they're crying out for quail. And I can hear God saying, 'you know, it's going to come out of your nostrils your going to have so much. If you would just be content with what I have for you, you would be so much better for it, because I know the plans I have for you. But if you fail to humbly walk with me and receive what I alone have for you, you will continually be consumed with dryness and leanness in your souls.'

You're not going to eat for one day, two days, five days, 10 days, or 20 days, but for a whole month, until it comes out of your nostrils and becomes loathsome. Here in Psalm 106:15, it says that he gave them their request but sent leanness into their soul. So the first example of leanness is the idea of loathsome. It was going to become loathsome to them. The next part is in Numbers, 11:33 that says,

*"but while the meat was still between their teeth before it was chewed, the wrath of the Lord was aroused against the people. And the Lord struck the people with*

*a very great plague.”*

I talked about in the beginning of this teaching that the word leanness can mean destruction or disease, but also the idea of our whole being or soul being dried up. The idea of the whole being, being dried up is what happens when something becomes loathsome to us. We've desired it for so long and then all of a sudden it's like nothing to us. It's actually now a curse to us.

You know, it's when I read this and I try to evaluate my own life before I bring it to you, my brothers and sisters, I don't ever want to speak a word that I'm not willing to practice. And so before this teaching, I was crying out to the Lord and I was saying, "God, am I even worthy to bring this message? Because I know that there are times in my life when I'm desirous of things that are not in your will. And I also know what it feels like inside my mind, my will, and my emotions when I have yielded to intense craving. It feels like the life gets sucked out of me. And then I have no more satisfaction in life. I become malcontent. And I try to fill that bucket but at that moment, that bucket has a hole in it. And I try to fill that bucket with all sorts of other things, to make me forget about just how dry I am or loathsome or lean in my soul I have become.'

But as it is, those things, as I mentioned before, are indicators to us that something's wrong or they are symptoms of an inward malady. They are things that God uses to direct our attention back to the cross, back to the blood of Jesus Christ, to the resurrection power of our Lord Jesus Christ, and the power of His Holy Spirit upon us. I know I've been kind of touching on a lot of different things here and again, but the main premise here is leanness in our souls.

Our whole being, being dried out applies to unbelievers and also to believers and even the mature. And I use the situation in my life where I prayed to God and asked if I am worthy to share this message because I know the fallibility of myself and my own thinking that sometimes I can yield to intense craving. Nevertheless, it's important to evaluate ourselves under the anointing of the Holy Spirit, through God's Holy Word, so that we can become mature and perfect in the eyes of God. And when I say perfect, I don't mean perfect in the sense that the world uses, but as Jesus is the author and the perfecter of our faith. We can go from perfection to perfection or glory to glory as by the Spirit of the Lord, but we need to hunger and desire intensely for the things of God, rather than the things of this world.

And he gave them their request but sent leanness into their soul. Another word comes into my mind that explains this and its curse. The opposite of a curse is a blessing. And I'll talk about that here in just a second. But when I think of a blessing and a curse, I go to Deuteronomy 28 and you can study all that stuff on

your own. There were certain blessings on obedience and curses on disobedience. And oftentimes I find that, as I mentioned earlier, these inward curses we will call them now, are things that happen to us that can be indicators of a place in our walk where we stepped out of line.

The opposite of a curse is a blessing. And when I'm speaking of blessing in this way, we are primarily talking about the inward being, we're talking about our mind, our will, and our emotions as it is in Christ, or as unbelievers, without Christ who need Christ and His salvation.

So there's a Scripture that is in Proverbs 10:22, and it says,

*"The blessing of the Lord makes one rich. And he adds no sorrow with it."*

I mean, really meditate on that. And again, I'm not talking about just a financial or circumstantial blessing, but that inward blessing, the spiritual blessing in Christ Jesus, that can be choked out by the cares of this life, by placing our hope in uncertain things.

By trying to fill our buckets of faith with things that are not in God's will we can become lean in our souls and feel as if we've dried up on the inside. And again, indicators that we need to come back to the cross to the blood, into the resurrection power of Jesus.

So Proverbs 10:22 again,

*"The blessing of the Lord makes one rich and he adds no sorrow with it."*

When it's a blessing from God, there is no need to feel ashamed. There's no need to be condemned. We may at times say, wow, God, I'm just not worthy of this blessing that you've given me. And you know what? That's okay. That is just the genuine fear of the Lord in humility, love, and endearment towards our Lord Jesus Christ. But when we have sorrow upon sorrow with something that we have yielded intensely to or craved intensely rather, then we ought to pray about that and seek guidance from the Lord.

So there's the blessing and the curse and the blessing is very simple, God doesn't add sorrow when he's blessing you. But if we're seeing blessings come into our lives and they're causing more harm than good, it may not be a blessing. If it is just threatening our inner man, then we may to, as Jesus says, *'if your right eye causes you to sin, pluck it out.'* This idea of removing things that cause us to sin from our lives is a very important thing to practice in our lives.

For me, as an unbeliever before, I mentioned filling my bucket that had a hole in it with drugs and relationships and money and successes. But all I really had



was nothing but sorrow in my life. Everything I was truly seeking to fill my heart with those things in life would evade me. It would escape the grasp of hands. But then when I came to Christ, there was this fullness of satisfaction and it was the blessing of the Lord making me rich. And He was adding no sorrow with it. But as I mentioned, if your right eye causes you to sin, causing you all this harm in your life. If it is your sinful tendencies, you're yielding to your sinful cravings and your desires, then it is important to recognize those things and remove them from your life.

I remember a time in my life when, you know, I thought I was somebody because I had so much knowledge about illicit drugs. And when I was in prison, I would share those stories with other people in the prison before Christ. And even after I got saved and surrendered fully to Christ, I didn't fully understand what was right and what was wrong yet. And so, as I was learning to walk with the Lord and reading the Bible daily and learning to pray daily and fellowship with believers, I remember one time in particular, when my bunkmate in prison was talking to somebody else about doing something with drugs. And he was talking about doing these things. And immediately I had this sense of satisfaction. Like I know something about that. I'm going to get into this conversation and share what I have because it makes me feel good. And I remember laying on my bunk as I was about to do it. It was like a still small voice in my heart. Again, I was a very new believer just a couple of months as a new believer in Christ. And it was as clear as day, a thought came into my heart and said, '*don't do it.*' And, I was like, well, why would I think like this, I've never thought like this before. So I neglected that still small voice and went and I told my bunkmate. I said to him, '*actually you could do this, this and this, and have more success in doing what you're trying to do.*' And he looked at me dead, the eyes, and said, '*that's the stupidest thing I ever heard*' I had to swallow so much pride. I was totally just crushed and broken. But then I heard that still small voice again, say, '*see, what did I tell you?*'

It was at that moment that I had to understand, what God was trying to do in my life. This satisfaction that I had in the illicit thing, it was becoming loathsome to me, and I had to turn to Christ and say, what are you trying to do here in my life, Lord? It was so cool because then another opportunity came up about another thing that I heard somebody talking about. But this time, I listened to His still small voice and avoided that conversation. And I'll tell you what happened inside of me was like this wellspring of joy that bubbled up from within me.

If we become disobedient to that still small voice, we will see leanness enter into our soul. And the things that we are trying to do are going to become loathsome to us. This message really has an application for everybody. Of course, we want everybody to come to know the Lord Jesus Christ as their Lord and Savior and

King in this life. Jesus made a statement to Pilate when he was being condemned. And he said, you know, my kingdom is not of this world. And what Jesus was saying about himself, is that He is the only true King of Kings and Lord of lords. And his servants are in humility submitting to his ways in his dealings in this earth and so being led by him. And we submit to Him in all of our ways, that is what it means to be a Christian. That is what it means to be saved. And so if you are not saved and you are hearing this word, understand that through faith alone in Jesus Christ, and faith without works is dead. If your right eye causes you to sin, you have got to pluck it out. Don't literally pluck out your eye, please. But it means that if something is causing you to sin repent of it and turn to Jesus, and he will forgive you and heal you and make you a new creation because Jesus said, no one can enter the kingdom of heaven, but that which is born of the Spirit. That which is born of the flesh is flesh. But that which is born of the Spirit is eternal. And so if you need Jesus to save you from your sins, simply cry out to him and confess him as the Messiah and the Lord and God of all. And he will by no means condemn you. It really comes down to a decision that each one has to make to become a Christian and choose to follow Jesus. When you open your life to His call and purpose in your life and surrender all you are to Him, He promises everlasting life and also the peace that comes when you have been forgiven and freed from what you could not free yourself from.

And, of course, if you believe and are a follower, make sure that what you are seeking is Christ alone and allow Him to be your all in all. If you are experiencing leanness in your soul, turn to Jesus and ask Him to search you completely and heal you of that which is causing you this place of emptiness and loss of joy in Him. He is the healer who makes all things new.

We just pray that God's Word is more than an intellectual pursuit for you, but that with faith and confidence in Him you are transformed by it in the fulness of His grace and mercy, in Jesus name. Amen.

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