

Living Water: Instructions for Reflection Time

“You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.”

Psalm 63:1

Think back to the story in John 4 of the woman at the well who encountered Jesus. Remember that she likely comes to draw water at a time when she will meet with less social rejection. Jesus initially asks her for a drink, breaking a variety of social laws in coming near her, a Samaritan woman. He then says, “If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water . . . Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

Remember also our study of John 7, where on the greatest and final day of the Feast of the Tabernacles or Feast of the Booths, the Jewish people would draw water from the pool of Siloam and remember God’s provision of water for the Israelites in the desert—and recall prophecies of a future outpouring of God’s Spirit. At the height of that celebration, Jesus cried out in a loud voice, “Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.” The Book of John explains, “By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.”

Now, as we remember the death of Jesus on the cross, we are reminded that when the soldiers plunged a spear in Jesus’ side to confirm that he was dead, blood and *water* poured out of His body. Jesus, the very living water Himself, hangs on the cross for us, glorified in His shame. And as His children, we have now received the outpouring of His Spirit.

Reflect for a moment: *How is your spirit thirsty today? How are you dry and parched?*

Come to one of the pitchers of water. Pour yourself a drink into a cup. Make an effort to listen to the rushing sound of its movement. Let the water overflow into the bowl for a moment as a glimpse of the abundant rivers of life that stream from Jesus through you.

Drink the water, and savor its refreshment, remembering the truth that Jesus satisfies your deepest thirst. Ask Him to pour living water into the dry and parched areas of your lives.

Consider praying the “Prayer of the Thirsty Soul,” made available for you on the table.