



IN TOUCH WITH OUR THIRST AND DRYNESS

During these times of quiet reflection, we're asking two basic questions: *What do I want to ask of the Lord, and what does he want to say to me at this time?* Then wait, listening for His response. Let these questions guide your reflections and help you identify the things you want to process with the Lord. Sometimes it's helpful to draw a picture depicting the issue in your life and how it affects you. Take time to quiet your mind. Ask the Lord to give you freedom to pour out whatever is on your heart and to help you hear what he is saying to you.

1. What is on your heart today that you would like to express to the Lord? Simply tell him about your concern and ask for his counsel. Listen for his direction, or encouragement—whatever he is saying, and write down what is helpful to you.

THIRST: Being thirsty for something is a normal, good thing. The questions below apply to times when we were thirsty for something that was not good for us, or thirsty for something good without the loving care and direction of our Father. Often, we choose earthly ways of quenching our thirst when only the Lord and his love can quench our thirst

2. Is there a thirst in your life, significant or minor, that you have dealt with in your own way? If you don't remember how you quenched that thirst, ask the Lord to show you. If you've dealt with it as he wanted you to, thank him. Below are questions that may be helpful in dealing with a thirst you've experienced or are currently experiencing.

~ Do you feel that the Lord sees your thirst and dryness, and how you've responded? Ask him to speak to you about his presence with you, and what pleases him about your response.

~ If you sense you need to ask forgiveness for dealing with your thirst rather than bringing it to him, take this time to bring it before him. Name what you want the Lord to forgive.

~ Ask him to show you how he wants to fill that part of your heart that is thirsting for his help and encouragement? (Each one who shared their story today was guided by the Lord, receiving from him what they were thirsty for.)

OUR THIRST

Psalms 63:1 ✠ 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.

Isaiah 55:1-3 ✠ "Ho, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. ²Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Harken diligently to me, and eat what is good, and delight yourselves in fatness. ³Incline your ear, and come to me; hear, that your soul may live; and I will make with you an everlasting covenant, my steadfast, sure love for David. See also John 4:13-14; 7:37-39



**Ephesians
3:17b-21**

And I pray
that you,

being rooted and established
in love, ¹⁸ may have power,
together with all the Lord's
holy people, to grasp how
wide and long and high and
deep is the love of Christ,
¹⁹ and to know this love that
surpasses knowledge—that
you may be filled to the
measure of all the fullness of
God. ²⁰ Now to him who is
able to do immeasurably
more than all we ask or
imagine, according to his
power that is at work within
us, ²¹ to him be glory in the
church and in Christ Jesus
throughout all generations,
for ever and ever! Amen.

3. GOOD SOIL ± Are you rooted where the Lord wants you to be, *drawing* on his love in the soil of his love? Soil must be watered often to remain fertile and soft. Ask the Lord about the “roots” of your heart.

a ~ Do you feel that the soil of your heart is receptive to his love for you?

b ~ Ask the Lord if the roots of your life and heart are rooted in the soil of his love? (*Draw an image of your roots.*)

- How may I be more receptive to your love?
- What do you, Lord, want to affirm about my relationship with you at this time?

4. a) Ephesians 3:20 reminds us that the Lord can do *“immeasurably more than we ask or imagine ... [with] his power at work within us.”* Ask the Lord to show you how you measure and imagine his works of love and care for you, and what he wants to accomplish in your life. What comes to mind for you?

- b) New or fresh ± As you heard our stories today, what stood out to you? Is there anything in your story that you want to offer to the Lord, or ask of him?

Draw a picture: *where you see
yourself in your relationship with
the Lord, and what you want it
to become as you continue growing
into the person he is calling forth.*

5. Ask the Lord if there is something he wants to affirm about your relationship with him — something that delights him about your faith and your heart of love.