



## CHOOSING THE WATER THAT GIVES US LIFE

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.

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Listening in the Quiet ~ From what was shared this morning, what spoke most deeply to you? You may need to be quiet before the Lord before responding. When you feel ready, invite the Lord to help you name what you are thinking or feeling, and to identify what you want to express in prayer, journaling, or, by drawing a picture of what's on your heart.

Response to the Message ~ Take your time. Ask the Holy Spirit to bring to light those parts of the message that would be meaningful to you.

1 – Living water from Jesus ~ In 4:13-14 • Do I need to ask for greater thirst for Jesus, and for the Holy Spirit?

2 – “Beloved” ~ Song of Songs 2:14-15 speaks of a love we cannot earn. It expresses how, when we love someone, we desire transparency — barriers removed, so we're free to affirm our love. This passage portrays the heart of God—beyond our knowing—who loves to hear our voice and see our face. As one whom God knows and loves, he invites us to be ourselves, open to Him ... unfiltered. Revelation 22:17 speaks to us of our deep relationship with him and our thirst for his living water.

a) Ask the Lord to speak to you about his love for you — to speak to your heart as well as your mind.

b) Is there a barrier in your heart or history, or some other issue, keeping you from opening your heart to the Lord? If you cannot define what that is, ask the Lord to help you identify it. (*Diane asked for help in understanding what God was asking of her: to share his love with others who don't know him.*)

### John 4:13-14

<sup>13</sup> Jesus answered, “Everyone who drinks this water will be thirsty again. <sup>4</sup> 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.”

### Isaiah 55:1-3a

<sup>1</sup> 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.

<sup>2</sup> Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Hearken diligently to me, and eat what is good, and delight yourselves in fatness.

<sup>3</sup> Incline 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.

### Song of Songs 2:14-15

O my dove, in the clefts of the rock, in the covert of the cliff,  
let me see your face,  
let me hear your voice,  
for your voice is sweet,  
and your face is comely.  
Catch us the foxes, the little foxes, that spoil the vineyards,  
for our vineyards are in blossom.

✦ **Rev. 22:17** ~ The Spirit and the bride say, “Come!” And let the one who hears say, “Come!” Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life.

3 – Many people in our lives can serve as mirrors, reflecting back to us an image that may or may not be accurate. Consider what they have contributed to your life.

- a) Who in your life has drawn you out – reflected back to you your value and uniqueness?
- b) Ask the Lord to show you any false images—mirrored through someone who did not know and love you. Ask the Lord to show you anything false, “water” you took in that was not of God.

**Psalms 139:13-16**

<sup>13</sup> For you created my inmost being; you knit me together in my mother's womb. <sup>14</sup> I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. <sup>15</sup> My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. <sup>16</sup> Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

Today and in the days to come, invite the Lord to shine his light, and to help you sort out what you have believed about yourself that is false, or that is contrary to your place in God's heart — redeemed from sin, and loved by the Lord. *(As Paul shared today, we need to recognize when it would be wise to find a professional who can help us recognize, name and work through more serious issues in our lives.)*

- 4 – Being seen ~ John talked about the importance of seeing ourselves through God's eyes.\*  
~ What does this mean to you? How has the Lord blessed you with confidence about how he sees you?

\* Hagar (Genesis 16:1-15)

*Ishmael: God Hears. have I not even here, in the wilderness, remained alive after seeing Him who sees me with understanding and compassion.*

- ~ If you do not feel seen by God, today, or as you go forth from this morning, pray that the Lord will come to you and show you that he sees you. Share whatever is on your heart. Ask the Holy Spirit to guide you as you call on your loving Father with your request.

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**AS YOU PRAY IN THE WEEKS AHEAD**

1. Ask the Lord help you to recognize areas in your life that he wants to mend – to set you free.
  - ~ Are you drawing “on water” that is not life-giving, that substitutes for the Lord's love?
  - ~ Have you tried to be “good enough” in the way you live your life, so that God would love you?
2. In your quiet moments, in his light, in words or pictures that express your heart, express what you're thirsty for.
  - ~ How would the Lord satisfy the thirst of your heart?
  - ~ How would the Lord nurture your soul -- speak into areas that need His light and perspective
    - + Invite the Lord to come into your life where he wants to bless you and/or help you grow
    - + Invite him into areas of your heart and/or history where you want him to bring fresh insight and life