



2023-2024 MY SOUL THIRSTS FOR YOU • Psalm 63:1

Quiet Reflection and Journaling • May 11, 2024

Offering a Cup of Cold Water Sharing His Love and Living Water with Those Who Thirst

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. We 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. Take time to quiet your mind. Ask the Lord to help you hear what He is saying, and to give you freedom to pour out whatever is on your heart. ☞ The value of this journaling time is that we can open the door to these subtopics and along the way, highlight what we want to revisit in the days to come. These questions are drawn from our topic and from the scriptures we've included (back of page).

1 - Chris's message ☞ Through my friend, who led me to God's living water, when I didn't know I was thirsty, I learned to feast on His Word and give away what I had been given. He called me to help others receive inner healing – the power of His Word in making us whole.


~ Ask the Lord to show you if there are experiences in your life that He wants to use in drawing others to Himself.

~ Is there a way in which the Lord wants to draw you closer to Him? (Is there anything blocking that nearness with Him?)

2 – Diane's message ☞ What situation(s) do you see the Lord is using in your life that is making you thirst for living water so that you say, like David: *O God, you are my God, earnestly I seek you: my soul thirsts for you?*

~ How do you see that the Lord may be using this season in your life so you can offer a cup of cold water to others?

~ How is the Lord calling you to cry out in the night for the lives of your children (biological or those He's put in your path)? (Lam. 2:19)

3 - Paul's message  Hear the Samaritan woman's story as it might be spoken to you:

~ What might Christ's love through the Spirit be guiding you to see about where you have sought relieve for your thirst, "husbands" you have sought for comfort?

~ How can you, through word and deed, be offering a cup of love, light and truth to those around you even as you cry out your own need to the Father?

4 – Ask the Lord: Show me if there is an area in my life that You want to bring to light today, anything in me that You want to “water” or change in some way.

5 – What else is on your heart today? As you look forward, is there a request you have for the Lord?

John 4:7-15

⁷A woman from Samaria came to draw water. Jesus said to her, “Give me a drink.” ⁸(For his disciples had gone away into the city to buy food.) ⁹The Samaritan woman said to him, “How is it that you, a Jew, ask for a drink from me, a woman of Samaria?” (For Jews have no dealings with Samaritans.)

¹⁰ Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” ¹¹The woman said to him, “Sir, you have nothing to draw water with, and the well is deep. Where do you get that living water?” ¹²Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock.” ¹³Jesus said to her, “Everyone who drinks of this water will be thirsty again, ¹⁴but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.” ¹⁵The woman said to him, “Sir, give me this water, so that I will not be thirsty or have to come here to draw water.”

Lamentations 2:19

Arise cry out in the night as the watches of the night begin; pour out your heart like water in the presence of the Lord. Lift up your hands to him for the lives of your children, who faint from hunger at every street corner.

Matthew 10:42

And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward.