

Living Water

¹³Jesus answered, "Everyone who drinks this water will be thirsty again, ¹⁴but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life." (John 4:13-14 NIV) As we continue our Lenten journey, I would like to focus on "**Living Water: God refreshes our bodies and our souls.**" The season of Lent is often a time for renewal, change, new growth and reflection. Let's look at our use of water in our lives.

Living Water for our Bodies

Water is important to all living things — physically it is the most abundant substance on the earth and in our bodies. Sixty percent of our bodies is water. We and all living things need a large amount of water to function and grow properly. Even Jesus was thirsty on occasion. Most of us do not drink enough water, and I would like to challenge you to consciously increase the amount of water you drink each day.

How much water do I need to drink? In our land we are blessed with an abundant clean water supply, yet we often fail to drink enough of it. For most of us, unless a doctor has instructed otherwise, we need approximately eight glasses (eight ounce glasses) of water each day. What does water do for us?

- Removes waste products effectively
- Assists in digestion and metabolism
- Helps regulate body temperature
- Lubricates our joints

Living Water for our Souls

Our loving God has provided living water for our souls, as well. Without this living water, we are spiritually dead. Indeed, thinking of that familiar glass of refreshing water as a symbol for life makes a lot of sense both physically and spiritually. In the Bible, the reference to living water is usually understood to mean the gift of the Holy Spirit. We need to "drink" in the Holy Spirit until we are filled with the Lord! What does Living Water do for us?

- Reduces the power of sin in our lives (I John 3:6)
- Helps us "digest" and use God's Word ((John 14:26)
- Warms our lives with joy (I John 5:19)
- Blesses our bones with life (Ezekiel 37:1-14)

This Lent I encourage you to care for your precious bodies and souls with fresh, clean and Living Water, and be restored, body and soul.