

Dearly Beloved of God,

Welcome to another episode of my life, in which the Word of God appeared, relevant and applicable. If these musings have been of benefit or inspiration, please feel free to pass them on.

As I started to write this, I was reminded of the fact that my mouth was a bit dry, so I got myself a bottle of water. The first few sips were quite satisfying, but if history repeats, I won't drink the whole bottle before it rises to room temperature. The experts tell us that we should drink at least 8 glasses of water a day. Some people must be buying in to that, since bottled water sales now exceed soft drink sales in the USA. Sad to say, I don't normally do my part. Now when I'm exercising (playing tennis, using my chain saw, etc.) I can down a bottle or two of H<sub>2</sub>O - no problem! I'm just not into drinking a lot of water at other times of the day. I know that I suffer for it, especially in the winter months - dry, itchy skin, wrinkles, etc.

Then yesterday I came across a DVD series that had been hanging around in my office for several months entitled "H<sub>2</sub>O - A Journey of Faith." It consists of ten lessons, all in contemporary settings that really challenge to faith of people who claim to be followers of Christ. I only got through the second lesson, which is called "Polluted." and I realized that just as I do not properly hydrate my body, I also do not properly hydrate my soul and spirit. I often settle for coffee, caffeinated or artificially sweetened soft drinks, and I often settle for anything but the unadulterated pure water that Jesus offers for my soul.

In John, Chapter 4 Jesus encounters a Samaritan woman at a well, in the middle of the day. There are many things worth noting about this encounter. 1) The middle of the day was not the time that other village women came to the community well. 2) This woman had been married 5 times and was presently "living with" a guy. 3) Jesus was a Jew and in those days, Jews had nothing to do with Samaritans. 4) "Good Jews" had nothing to do with sinners. 5) Jesus, though probably as hungry as His disciples, chose to stay and talk with this woman rather than go looking for food.

Jesus' first words to this woman were, *"Will you give me a drink?"* The woman began to question Jesus even talking to her, citing reason number 3 above. **John 4:10 (NIV)** *10 Jesus answered her, "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."*

So the woman began to talk about the history of the well and the quality of the water, questioning Jesus' ability to offer anything better. **John 4:13-14 (NIV)**

*13 Jesus answered, "Everyone who drinks this water will be thirsty again, 14 but 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." To which the woman replied, "Sir, give me this water..."*

Later, in John, chapter 7 Jesus attends one of the fall feasts in Jerusalem, the Feast of Tabernacles. **John 7:37-38 (NIV)** *37 On the last and greatest day of the Feast, Jesus stood and said in a loud voice, "If anyone is thirsty, let him come to me and drink. 38 Whoever believes in me, as the Scripture has said, streams of living water will flow from within him."* The pure, unadulterated and living water is Jesus Himself. What an awesome invitation - come and drink. My physical body is 80% water, so when I drink H<sub>2</sub>O, it enters into an intimate and harmonious, life-giving relationship with my body. When I read, and take into my heart the living water, which is Christ, which is His Word, it brings refreshment and vitality to my soul.

Read His Word; listen to His Word; meditate on His Word; live His Word. And in case any of you have the same sort of issue with the living water that I do with natural H<sub>2</sub>O, listen to this. **Psalms 34:8 (NIV)** *8 Taste and see that the LORD is good; blessed is the man who takes refuge in him.* Whether in big, thirsty gulps or in measured swallows throughout the day, make sure you hydrate yourself. It's good for you. (By the way, I drank a whole bottle of water while writing this!!)

Yours for His Purposes, Pastor Les