



Come to the Living Water

Jesus said ... "If anyone is thirsty, let him come to me and drink." (John 7:37b NIV)

Lesson for body, mind, and soul: all thirst for and require the living water, for that is the way God created us!

Body ... Physical thirst: Your overall body is about 70% water. Water makes up about 75% of your muscles, 82% of your blood, 25% of your bones, and 85% of your brain cells.

Water is the single most important nutrient for our bodies. Water plays a vital role in regulating body temperature, transporting nutrients and oxygen to cells, removing wastes, cushioning joints, and protecting organs and tissues.

Our bodies lose about two quarts of water a day naturally. That water needs to be replaced. When your body lacks the water it needs, it goes into a rationing mode and will only supply the five main organs with water. Those five main organs are the brain, heart, lungs, liver, and kidneys. The rest of the body has to go without, causing joint pain, dry skin, and gastrointestinal tract problems.

Let's look at some of the water references in the Old Testament:

Genesis 21:14-19

Genesis 24:42-46

Genesis 26:19-22

Exodus 17:5-6

Exodus 23:25

These are only a very few of the times that water is talked about, but it gives you a picture of how important water is to the body for survival. These scriptures tell us that water was life to the people.

Mind ... Emotional Thirst: We already mentioned how important water is for the brain, memory, and overall body function, but how important are these for emotional balance? When our body isn't feeling well or our memory is giving us fits and our joints ache, are we emotionally on top of our game? I know from experience how easy it is to get depressed if my body isn't working the way God created it.

Emotions are another part of our created being. Sometimes they are frustrating and other times we are very blessed by them. All through the Bible people show emotions. Jesus showed emotions when He walked among the people. When we are healthy and keep ourselves connected with God daily, we tend to have emotions that are in check and can give us great peace.

When we are too busy to read the Bible and pray and are not getting enough sleep, water, and healthy food, what happens? Our emotions are all over the place, carrying us everywhere we don't want to go. We become "out of control."

How many times throughout the Bible did the people of God become "out of control," turn and follow the world or their flesh or Satan, and end up in a huge mess, headed for destruction, death, and total separation from God? They chased after something that felt good at the time. Haven't we all done that? It gets us in the same place it got them ... messed up, confused, lost, hurt, sad.

Judges 2:6-7, 10-12

Judges 2:18-19

John 6:60-66

Matthew 26:55-56

Our emotions, though they are gifts from God to be used according to His purpose, can cause us much pain and suffering. God intended us to use them for being good witnesses of His great love by being filled with compassion, joy, love, happiness, and peace, all of which are to increase our relationship with Him.

When we aren't in a connected relationship with God, our emotions will follow our flesh and its desires, drawing us further away from a relationship with God, causing a malfunction in our body. Our body isn't functioning the way God created it. Often we need to say 'No' to our emotions when they are rising up from our flesh and not from our relationship with the one true God. The only way this will happen is when we follow the Spirit as He guides us through the Word.

Soul ... Spiritual Thirst: This is a thirst that God created within us, a craving to be filled, a void that only He can fill. We search for it, but until we receive the 'living water', we search in vain. We attempt to fill the void with everything we can think of, but nothing but Christ will satisfy our spiritual thirst. Not money, not social standing, not family, not work, not alcohol, not gambling, not shopping, not a new home, not a new car — nothing will satisfy the spot within us that is reserved by God for Jesus.

John 14:5-7

John 4:7-14

John 7:37-38

Revelation 21:5-7

Revelation 22:1

We have everything we need to satisfy the thirst within us — Jesus, the Living Water for all times, for all people, for all eternity! Don't go thirsty, but draw from God's gift of water for the body, the mind, and the soul, for Jesus calls to each of us to come and drink of the living water!

Prayer

Father, God, You are so awesome in creating us, in knowing us and what we need! And You give us freely in Christ all we need to fill the cravings within us for spiritual, emotional, and physical thirst. Help each of us to receive all that You have for us with joyful hearts. Build within us a great thirst for Your Word, and by Your Spirit keep us connected to You in a personal relationship that fills us with the living water every day that You give us. Lead us also to bring others to Your “living water.” In Jesus’ name we pray, Amen.

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