



# Drinking

## From The Eternal Springs

by Jan Brunette

### Opening Prayer

Dear Father in heaven, sometimes our spirits feel drained of strength, energy, and the ability to trust when we need it the most. Open our eyes to see Your truth revealed in Scripture. May we understand the depth of love flowing from Your throne through Your Son, Jesus Christ. In His name and for His sake, we ask this. Amen.

I currently live in a drought-stricken area of northern Texas. Though it rains occasionally, the water is never enough to keep the local lakes and reservoirs from receding day after day, month after month. Docks that once housed floating boats now reveal dry, sandy bottoms. Tree stumps, once covered by several feet of water, now protrude above like soldiers waiting for marching orders. As thousands of people continue to drain the dwindling cache of water, I think how amazing it would be if God revealed underground springs that would, and could, refurbish and refill what is lacking.

Just so are our lives. We cry out for relief from the increasing dryness within, filling our lives with “stuff” and endless activities. Spent and drained, we desire some type of spring inside that will bring refreshment and renewal. The occasional tough stuff of life — death, illness, grief, shame, guilt — ebbs away even more of our remaining energy, robbing us of inner peace and joy.

In time, we begin to realize that our “stuff-itis” and the endless barrage of family, work, and personal demands have created the false thinking that we can float the boat of life on our own. We forget that inner renewal and refreshment cannot come if we don’t provide an opportunity for the Holy Spirit to speak to us through God’s Word and the Sacraments. Through the Means of Grace, God presents us with His endless supply of Living Water.

### Refreshment in the Eternal Springs

Recently in one of my early morning devotions, I read Psalm 114:7–8: *Tremble, O earth, at the presence of the Lord, at the presence of the God of Jacob, who turned the rock into a pool, the hard rock into springs of water.* In the side margin, I had written these words: “When we are in the presence of the Rock, Jesus Christ, we find refreshment.” Whether undergoing the receding waters of energy — both physical and mental — or dryness of spirit, we soon understand that in Christ, there is — and always will be — the refreshing water of His love, grace, and mercy. He can and will turn our “hard rocks” of life into calm pools and ever-flowing springs of water.

Let’s begin our search of Scriptures by reading **Ephesians 1:3–8**, listing each blessing He desires to pour over us from His eternal springs.

- v.3 \_\_\_\_\_
- v.4 \_\_\_\_\_
- v.4 \_\_\_\_\_
- v.5 \_\_\_\_\_
- v.7 \_\_\_\_\_
- v.7 \_\_\_\_\_
- v.7 \_\_\_\_\_
- v.8 \_\_\_\_\_

It often surprises me: I can trust water will flow from my faucet every time I wash my hands, electricity will be abundant when I turn on a light switch, and grocery store shelves will be overflowing every time I walk past to fill my long list of needs. Yet believing that God’s generous riches of His grace are lavished on me is difficult. Because it’s internal and spiritual — not visible — it’s hard to accept that it is available on a regular daily basis.

Yet no matter our circumstances, our past, or our problems, God loves filling us to overflowing. He Himself promised to give us a spring of water welling up to eternal life (John 4:14). That life is ongoing, vigorous, and abundant because it rests in the heart of God, not in us or in our endless activities.

Read **John 7:37–39**. Who will be the source of that Living Water?

Describe in your own life how that Source has motivated and moved you. \_\_\_\_\_

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Note that Jesus states in verse 38, “*Whoever believes in me as the Scripture has said, streams of living water will flow from within him.*” The Old Testament also contains references to these eternal springs. Refer to the following:

**Psalms 1:3** \_\_\_\_\_

**Psalms 23:2** \_\_\_\_\_

**Isaiah 55:1–2** \_\_\_\_\_

**Jeremiah 31:9** \_\_\_\_\_

**Ezekiel 36:25–27** \_\_\_\_\_

Jesus fulfilled those eternal streams of water when He provided the power of the Holy Spirit to the New Testament Christians. What a privilege and blessing it is to participate in His overflowing waters today, made available in and through Him into eternity!

### When the Flow Seems to Change

Occasionally rivers can change course and alter the direction of the water’s flow. A beautifully built silver bridge in Choluteca, Honduras, now sits over dry land, after Hurricane Mitch dumped 75 inches of rain over the course of four days in 1998. Now called “The Bridge to Nowhere,” the water that once flowed under that bridge now flows beside it, leaving it totally unusable and inaccessible.

Our lives are no different. One flooding event in life can change the direction we had hoped to go. Days that were once normal veer sharply, and we discover a frightening twist from all that we hold dear. When that happens, we can make the choice to wait for some earthly supply to come and flow normalcy into our lives again, or we can trust in Jesus Christ to be our eternal bridge no matter where the waters of this life flow. The Holy Spirit, given to us in Baptism, grants us His nudges of love, reminding us that He deeply desires to keep the waters of His love flowing in, under, and through us.

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Look up the following passages and note the proof of this love to us as His beloved.

**Jeremiah 17:7–8** \_\_\_\_\_

**Ephesians 5:25–27** \_\_\_\_\_

**Hebrews 10:22** \_\_\_\_\_

Through the cross and resurrection, Christ gave His all so that we might possess all in Him. His Living Water grants us new life in Him. Remembering our Baptism, we become one with Christ through His completed work on earth and in heaven.

Read the following to confirm the living, loving relationship that is ours through Him.

**1 Peter 3:20b–22** \_\_\_\_\_

**Romans 6:1–8** \_\_\_\_\_

As the eternal springs overflow into our lives, we can then share with others — who are caught in the draining experiences of life — Christ’s living waters, which are for them and their refreshment, even as they are for us.

As Christ’s stream of living water flows over us, in us, and through us, we offer ourselves to God as ones who have been brought from death to life (**Romans 6:13**). Compare and share how that thought relates to **Romans 12:1–2** and **Hebrews 13:15–16**.

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No matter the course and direction of our lives, God’s eternal springs are forever and heaven-sent. We can drink daily through the study of His Word, through the Sacraments, and through our own personal devotions. Christ’s waters never recede. They never go dry. And they will fill us to overflowing by the power of the Spirit. Splash! Delight! Enjoy!

### Closing

Say or sing verses 1–3 of “When Peace like a River” (*LSB* #763) or verses 1–2 of “How Firm a Foundation” (*LSB* #728; *LW* #411; *TLH* #427).