



Jesus answered, “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

**John 4:13-14**

## **I am the Living Water**

When your body gets thirsty, it starts quietly but then begins to shout, “Warning! We are lacking what we need to live.” It normally starts with a dry mouth or a dusty throat, but if the lack of hydration gets worse, the warning signs get stronger. The skin gets dry. The heart rate goes up. Eventually you might faint. All of these symptoms drive a person to look for relief. People are willing to do whatever it takes, even walk miles, just to find some water to relieve their thirst.

The same thing happens spiritually. We will often do just about anything to find relief. Some find relief in the satisfaction they get playing video games. Some find satisfaction in success with grades, sports, or work. Some find satisfaction in being a perfectionist.

Others find relief in the abuse of substances that give them an escape. Still others find satisfaction in feeling loved in a relationship, even if it means they find that in pornography or a damaging relationship. Like drinking salt water, all of these may give temporary relief from spiritual thirst but end up leaving a person thirstier than before. None of these things can give relief or satisfaction.

Instead, true relief and satisfaction for spiritual thirst comes from the one who gives real and perfect relief. Jesus says, “Whoever drinks that water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

When your spirit is lacking, go to the one who gives you relief. When you need to feel valued, go to the one who gives you value and self-worth. Your Savior values you so much, he gave his life for you.

When you seek perfection, go to the one who has made you perfect. Your Savior Jesus lived a perfect life and gives you credit for his life.

When you need to feel success, go to the one who has taken all of your failures away. Go to the one who gives you relief that overflows, like looking for a sip and instead getting a fountain. Go to the one who will give you perfect and eternal relief in heaven.

**Prayer:** Dear God, there have been times I sought personal escape from my problems through temporary ways that leave me thirsting for more in life. Thank you for offering to be the perfect relief my parched soul needs. Now quench me with your promises to never leave me or forsake me—today, tomorrow and forever. May the water of your Word always flow into my heart.  
Amen.

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