



## *Spiritual Well-Being*

One of the more well used metaphors in all of Scripture is that of flowing water. Be that in the form of a river or flowing springs, we are presented with the connection between water in motion and the restoration of life. The early church even stressed the use of “living water” by which they indicated flowing water for ideal use in baptism.

If you drive through the central part of California you are likely to see signs pointing out that “Crops grow where water flows.” Leaving aside the political back drop of these signs, the truth is that you can’t really grow much of anything without water. The specific insistence of living water for baptism, noted in the Didache, speaks to an understanding that stagnant water does not deliver as flowing water can.

Our spiritual well-being is feed by the living water that is God’s Word. Jesus discusses the source and flow of this living water in John 7:38.

*Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’”*

Additionally, Jesus, the very Word personified, responded to the Samaritan woman at the well stating in John 4:10 “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.”

## *Thoughts for Reflection*

1. In what ways is the living water for the Scriptures flowing freely in my life?
2. What might be impeding the movement of these living waters and limiting God’s influence in my life right now?
3. What habits can I start making a part of my life to improve the flow?