

DAY 13 WATER

John 4:13-14

"Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water I give will become in them a spring of water gushing up to eternal life."

When I was younger, I hated water. My favorite drink when going out to restaurants was a "Roy Rogers." If you're not familiar with a Roy Rogers, it's Coke, mixed with Grenadine syrup. The person who invented it, as a kid I assumed Roy Rogers, must have thought Coke wasn't sweet

enough, so they added thick cherry-like syrup and topped it with a cherry. Next to that, water seemed so boring and flavorless. Fast forward a few years, we were on a trip out to the midwest, and we stopped at the great salt lakes. My brother and I decided to walk to the mountain range that seemed like only a few miles away. We traipsed across the bright white salt flats for about five miles before we realized the mountains weren't getting any closer. Our faces were burnt from the sun. We were tired, and it was overwhelmingly hot. Perhaps our dumbest decision besides the trek itself was not bringing any water. I had a warm coke in my backpack, and suddenly the syrupy sweetness sounded disgusting. I need real hydration. When we made it back, we were in bad shape and drove immediately to a gas station. I've never loved water more in my life.

Theologian Jean Vanier says thirst in biblical language is "dried up inside," "to feel totally empty and in anguish." Most of us can imagine this physically and emotionally. Our souls are constantly searching for love, acceptance, and affirmation. If you're like me, you find ways to quench your thirst, and maybe some of them work for the short term. Some of us turn to people for that love, some of us get that acceptance through our jobs or sense of accomplishment, parents find it in their children. Sometimes in our pursuit to quench our thirst, we fill the void in our souls with destructive habits. At the end of the day, whether it's good or bad, nothing will ever quench our thirst for love and acceptance like Jesus. That's why He refers to himself as "living water."

Take some time to discover what your living water substitute is. What are you running to instead of Jesus? Take some time today to bring that to mind, and allow God into those practices. Pray that he will reveal them to you and help you replace them with his thirst-quenching water.

Daily Practice

As a reminder, a daily practice, When you drink today, say this prayer, "Lord, in my thirst for you, give me your water of life." Every sip of water can serve as a reminder of the living water of Jesus.

The below reflections are written by congregants & staff of CPC. All reflections are following Trevor Hudson's book Pauses for Lent and are both heavily influenced and borrowed from his work. Any quotes without attribution should be credited to him.