



Week 5 - October 14th

Living the Truth – Heavenly Thirst

The Rose of Jericho is a small shrub that is native to the Holy Land desert. We know this plant by its more familiar name - the **Resurrection Plant**. It gets this unusual name from its ability to survive in the hot desert by curling up into a ball and appearing to die... but as soon as it gets some moisture, it seems to come alive again by unfolding its emerald green, fern-like branches.

Do you ever find yourself acting like the Resurrection Plant? One day you just feel like tumbleweed blowing across the screen of an old Western movie, all dry and lifeless. And the very next day, you are full of life and confidence, ready to conquer all challenges that come your way.

On those dry days, you feel like you are being hit from every side. You are filled with doubts about whether God truly loves you and accepts you. Fears over everything consume you: worries about keeping your job or finding another one, about how you are going to get everything done that you have to do today, how you can best assist your aging parent, and on and on.

Then you have a great day. Everything you seem to do works great the first time! You know that God loves you, that there is enough food in the house for a month, and your brother-in-law stops by with the \$300 that he has owed you for six years. Life is good and you are glad to be part of it.

Have you ever tried to figure out why on some days you seem like the dried ball being blown by the desert wind and other days you have joy enough to fill a stadium? Once you have ruled out sugar bingeing, there might be a spiritual cause that you should explore.

Scripture

Read John 4:9-14

Discovery Questions

1. Is Jesus really talking about water in this passage? Are there any clues in the passage that helped you decide?

2. What is this living water that Jesus mentioned? How do I know that I have it?
3. How will having this living water help me to stop acting like the Resurrection Plant?
4. Once I have this living water, what do I think Jesus would want me to do with it?

Journaling

Which verse spoke most powerfully to you? Why?

Prayer: Spend some time in prayer conversing with your God. Use the following ideas as a potential guide to your prayer time.

- Lord, help me to understand the words that You spoke in this passage. I sometimes react like the Samaritan when I ask You...
- Dear Jesus, I have tasted Your living water but I often find myself thirsty. Help me to stop blocking its flow when I ...
- Heavenly Father, reveal to me what You want me to learn from this passage, especially when I am faced with these struggles...
- My God and Father, I quiet myself in Your presence. I want to hear the sound of Your living water springing up within me.