

Living Water

Have you ever decided that maybe, just maybe, you should try to do something to help yourself, physically that is. How many of us have made some sort of vow to eat a balanced diet? How about exercise? How many of us have or have had gym memberships that have been or simply remain dormant? And, how many of us, during a doctor, visit have been told, “You are close to be dehydrated, how much water are you drinking, anyway?” Maybe it is just me but I know that I am on the losing side of all of these questions, particularly when it comes to how much water I am supposed to drink.

Based on a little bit of research I have done, the average adult male is supposed to consume 124 oz of water. This water bottle shows 24 oz. They want me to drink five of these a day. Women are supposed to drink about 4 of these bottles each day get to 94 ounces of water each day. Now I am preoccupied with water. It is a good thing, too, because we really do need water to stay alive.

Water was crucial to the people in Biblical times as well. Think about this: The earth’s surface is 71% water; the oceans hold 96.5% of this water. Only 1.2% is considered to be drinkable. We have ways of making water drinkable through treatment facilities. The people in Biblical times did not. No wonder they were concerned about water! They knew that they needed it but depended on nature to provide it.

Our reading today from the Book of Exodus finds people grumbling about water. They thought for certain that they would die of thirst out in the desert so we are told that they beseeched and whined until God gave them water. They found out later that testing and pushing God was not a terribly smart thing to do. However, they did manage to get the water they

needed, or so they thought. Remember the words of Jesus at the temptation in the desert, “It is written, ‘You shall not put the Lord your God to the test.’” The theme of water continues with our Gospel reading.

The Gospel of John is replete with symbolic language and imagery that conveys deeper spiritual truths. One such symbol is the concept of "living water," which appears prominently throughout the Gospel. In John 4, Jesus offers a Samaritan woman living water, which he describes as a source of eternal life. This living water represents the Holy Spirit, who brings new life to those who receive it.

Through this metaphor, John emphasizes the importance of spiritual renewal and transformation in our lives. Just as physical water sustains our bodies, so too does the living water of the Holy Spirit sustain our souls. By drinking from this wellspring of life, we can experience a deep sense of peace and fulfillment that transcends our earthly circumstances.

We know that we must have enough water for us to remain alive. But how much Living Water do we need? I wonder if it is enough for us to get the Living Water when we come to church on Sunday. Or maybe from a book study. What happens during our season of praying, fasting and giving alms? Do we get our Living Water from that?

For Christians, I believe that we need at least a daily dose of Living Water to maintain our spiritual health. A few weeks ago, we talked about establishing a balanced spiritual diet with sometime for prayer, Scripture reading, and putting faith into action. This is another way that we take part in the Living Water. It is then that we can become Living Water for others. It is not always easy to think of ourselves as being the face of Christ to another person. Sometimes, we are all that another person will see of the Living Water.

It is crucial that all of us stay physically hydrated with enough water for our bodies. Let us stay mindful of our need to also have the Living Water in our lives each and every day.

Amen!