



### John 7:37-39 New Revised Standard Version

<sup>37</sup> On the last day of the festival, the great day, while Jesus was standing there, he cried out, "Let anyone who is thirsty come to me, <sup>38</sup> and let the one who believes in me drink. As the scripture has said, 'Out of the believer's heart shall flow rivers of living water.' " <sup>39</sup> Now he said this about the Spirit, which believers in him were to receive, for as yet there was no Spirit because Jesus was not yet glorified.

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**"God will never direct us to be prideful, arrogant, and unforgiving, immoral or slothful, or full of fear. We step into these things because we are insensitive to the leadership of the Holy Spirit within us." -Charles Stanley**

Is it in you? Is it in me? I guess that depends upon what "it" is? Back in the 1990s, Gatorade had an advertising campaign surrounding the question, "Is it in you?" The commercials featured athletes from various disciplines grinding hard and sweating it out for victory. The idea was that if one wanted to perform at his or her best and replenish what was lost during training and competition, he or she needed to reach for their product.

As the Church, there are times when we feel overworked, stretched out, and dehydrated. While in Jerusalem for the Feast of Tabernacles, Jesus drew attention to the insatiable thirst which humanity has. During this annual celebration, a water ceremony was one of the symbolic actions used to remind God's people of the rains needed for crop production and also of God's provision of water during the Israelites' time in the wilderness. More than summer rain or wilderness water, Jesus knew those who followed him had need of something with longer-lasting effects. What was true then is just as much so for today.

1. The promise of the Spirit is available for everyone.
2. Before we can be satisfied we must be thirsty.
3. The Spirit's nourishment brings us back to life.

**Prayer Pebble:** Spirit of the Living God, fall fresh on me!