

Week 3.

- What is your favourite summery drink?
- Read John 7:37-39
- What sort of thirst is Jesus referring to?
- Does this describe your experience?
- Jesus talks about 'living water' - just what sort of 'drink' is he referring to?
- What does it mean to 'come to him & drink'? Can we do this together? Or alone?
- How spiritually 'full' or 'empty' do you feel at the moment? What might be the reason for this?
- What replenishes you / drains you?
- Consider Esther De Waal's quote opposite. Do you agree with what she is saying here?
- How might living for God make use of the 'living water' Jesus talks about?
- Is our church a place where living water can be found - or a place of stagnant water unfit for life?
- Are you living a 'rooted life' (in Christ), an 'open life' (transparent to God & others), a 'generous life' (living lightly & addressing other's needs), and a 'shared life' (involved in the life of the church & the kingdom of God)?
- Spend a few moments in silent prayer before closing with the Grace.



A Personal Rule of Life

Living God's Life Together

SHARING GOD'S LIFE

Esther de Waal on 'the equilibrium of contemplation and action' (after Thomas Merton)

from 'Living with Contradiction' (Canterbury Press, 1997) p. 106.



'Unless the waters of the spring are living and flow outward, the spring becomes only a stagnant pool. If the stream loses contact with the spring which is its course, it dries up. Contemplation is the spring of living water; action is the stream that flows out from it to others. But the water is of course the same in both. This is equally true for us. If action is out of touch with an interior source in prayer, it eventually becomes arid and barren, and we find ourselves the victims of busyness, frenetic over-activity. But conversely, if our prayer becomes cut out from action it is cut off from life.'





OUT OF
THE

Believer's

HEART

shall flow Rivers

OF

Living
Water



