



Welcome to Week 5, Lesson 2 of Faith and Fit! Jane and I pray that you are becoming stronger spiritually and physically. Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed please sign your initials on the line: \_\_\_\_\_

**Please read John 7:37-40 outloud and again silently:**

*On the last day, that great day of the feast, Jesus stood and cried out, saying, "If anyone thirsts, let him come to Me and drink. 38 He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." 39 But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.*

**What was happening on the day Jesus cried out to the crowd?**

One of the great Jewish feast days, the Feast of Tabernacles was being celebrated. The Jewish Feast of Tabernacles was accompanied by a water offering:

"Each morning the High Priest, accompanied by a procession from the Temple, went down to the Pool of Siloam and filled a golden pitcher full of water. As the sweet savor of the last morning sacrifice rose from the altar of burnt offering into the sky, the High Priest re-entered the Temple through the Water Gate on the south side ... through silver funnels the priests simultaneously poured their libations out at the base of the altar. The water, symbolizing the Holy Spirit poured out upon men, flowed down the Temple steps into the outer courts. Though introduced solely by tradition, this outpouring aspect was regarded as one of the Feast's most significant features. " (Rebecca J. Anderson, 1994)

**What invitation does Jesus give in verse 37?**

**Jesus is often called the Bread of Life and \_\_\_\_\_.**

Jesus, the Living Water, uses the perfect object lesson to illustrate how He is the fulfillment of every Jewish feast and of the Law.

The Greek word used for thirst in verse 37 is *dipsao*, which means *to suffer from thirst, figuratively, those who are said to thirst who painfully feel their want of, and eagerly long for, those things by which the soul is refreshed, supported, strengthened.*

**What does Jesus promise those people who *painfully* want and *long* for more God in their lives?**

God doesn't promise them a little drink of water, but *rivers*, also translated as *torrents or floods* of water.

**If we are overflowing, gushing Jesus every where we go, what will happen to those around us?**

**Please read verse 37 again. How do we *drink* in Jesus?**

**What is the prerequisite for receiving the Living Water (verse 38)?**

**How many people on earth need water?**

Everyone. We all need water to live and we all need Living Water to truly live.

**What part of your life is dry and in need of Living Water?**

Go into the Presence of the Living Water and ask God to revive this part of your life.

Thank you for joining us today! See you next week!

By Mary Kane  
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