

Wendy's November Prayer Thoughts

Water gives life. That is why drinks are necessary. They provide 70% - 80% of pure water needs. The remaining amount is provided from the food we eat; the stews and soups. Tables have been drawn up showing the percentage of water in fruit and vegetables. Strawberries 91%, Cantaloupe melon 90%.

Peaches 89%, Blackberries 88%, Plums 87%, Apricots, Oranges, Apples, Pears, Raspberries and Blueberries 86%, Grapes 80%. Cucumbers 96%, Tomatoes 95%, Celery 95%, Spinach 93%, Mushrooms and Cabbages 92%, Broccoli 90%, Brussels Sprouts and Carrots, 87%, peas and Potatoes 79%.

We are advised to drink 6-8 glasses of water per day. An adult male needs 400ml more than a female. (2,000ml for a male and 1,600ml for a female). Drinking water is essential for our bodies. It helps to keep our eyes moist, and our kidneys to get rid of waste and toxins. It allows us to digest food, and it transports the nutrients and compounds in the blood around our bodies. Water cushions our joints and our muscles, and regulates our body temperature by stopping us getting too hot by sweating. Insufficient water drunk each day leads to dehydration. Around 83% of our body weight is water. If that ratio falls 5%, sight is lost. Another 10% and hearing goes. Then as blood thickens, the heart is unable to pump it around, and death is inevitable. Millions around the world die of dehydration daily. It is deemed to be the single biggest issue facing health care in Great Britain today.

Jesus knew how water is vital for life. He used it as an illustration of Himself, of how He is living water when He spoke with a Samaritan woman who had come to draw water from the well where He was resting. It was her daily task, one which demanded both time and effort. It seems that emotionally she had to steel herself to walk to the well in the midday heat, instead of with the band of women who travelled together in the cool of the morning. We don't know the shame she was bearing, but Jesus knew that she "was an unclean, impure, heretical, disreputable Samaritan." (J. Piper). He reached out to her by making a simple request. "Give me a drink." That took her by surprise. For long years, Jews had had no contact whatsoever with the Samaritans. Her curiosity was aroused! Why had He broken that long held silence? "How is it that you, a Jew, ask of me, a woman of Samaria for a drink?"

Jesus ignored her question. He turned the conversation in another direction. "If you knew the gift of God, and who it is who is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." Jesus was speaking of Himself as the Divine Gift, the source of living water, but the woman misunderstood. She thought he was speaking of physical water, but He had no bucket to reach for it. The living water which Jesus was offering her would mean she would never be thirsty again. It would satisfy her soul. As she drank it would be flowing within her to cleanse, purify and regenerate her, and be as a fountain of water gushing up to eternal life.

It will be helpful for us to fill a glass with water, for a visual object while we pray. Take a few moments to sit quietly in God's presence. Then speak the words of Psalm 42:1-2. "As the deer pants for streams of water, so my soul longs for the living God" Father God I praise You that You have given me a longing to be in relationship with You.....

..... Like the deer, I long to drink from the water brooks, and the water that gives life. Praise You for Your loving gift of Jesus, in whose salvation, I am set free and made new. May the Holy Spirit come and fill my soul, that day and night, I may be praising You with my whole being. Alleluia! Alleluia!

Look again at the glass and note its fullness. Then, repeat the words given to Jeremiah..2:13."My people have committed two evils! They have forsaken the fountain of living water, and they have dug their own cisterns - broken cisterns that cannot hold water." Lord, forgive me for being unfaithful, for the dryness in my life, for depending on my own efforts and not on You, for not drinking of Your energising water, and for watering down Your truth. Ever Gracious Lord, cleanse me, and make me wholly Yours. Amen.

Next time a glass of water is in our hands let us offer up an arrow prayer. Thank You JESUS for being our ultimate THIRST QUENCHER.