

OPENING PRAYER

All you who are thirsty,
come drink from the waters of life!

All you who are weary,
come bathe, be refreshed in God's River!

All you who long for peace,
come rest in the clear,
silent pools of God's love!

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OPENING THOUGHT

We often describe our yearning for God as being thirsty. I'm sure we all remember a hot summer's day, when an ice-cold glass of water or lemonade really hit the spot! Can you also think of a time when God feels far away, your spiritual life feels parched and you long to be filled with God's restoring, life-giving water?

SCRIPTURE

In response to a conversation with a Samaritan woman at a well, Jesus responds:

"Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

Luke 4: 13-14

Spend a moment imagining Jesus offering you this living water, filling you to overflowing.

PRAY

Consider saying the response out aloud:

In the dry wildernesses of our lives,
in the days of heat and thirst,
you offer us living water,

Thank you, gracious and generous God.

When we begin to doubt your presence,
and grumble that your love is unreliable,
you offer us living water,

Thank you, gracious and generous God.

When life's regrets and the bad choices
we have made
leave us feeling excluded and unworthy,
you offer us living water,

Thank you, gracious and generous God.

When circumstances, or the inhumanity
of others,
have left us alone and wounded,
you offer us living water,

Thank you, gracious and generous God.

We thank you and praise you, O God,
that however we may thirst,
whatever we may need to satisfy our souls,
you offer it freely and abundantly in Christ.

**So, we drink deep of the living water,
and, as we draw from your wells,
we seek to pass the cup to others,
who, like us, are thirsty for your grace.**

Amen

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WORDS FROM A WORSHIP SONG

By Keith and Kristyn Getty

Are you thirsty
Are you empty
Come and drink these Living Waters
Time unbroken
Peace unspoken
Rest beside these Living Waters
Christ is calling
Find refreshing
At the cross of Living Waters
Lay your life down
On Thee, all come
Rise up in these Living Waters.

There's a river that flows
With mercy and love
Bringing joy to the city of our God
There our hope is secure
Do not fear anymore
Praise the Lord of Living Waters

SCRIPTURE

Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations.

Revelation 22:1-2

This a wonderful prophecy of God's heavenly provision of life-giving water bringing cleansing, restoration and healing.

As we bring our time of prayer to a close why don't we imagine the living water overflowing from us into our families, communities and maybe even into the nations. Where can we share this eternal, life giving water offered to us by Jesus in abundance today? A smile for a stranger, a word of encouragement for a friend who is struggling, a letter to an MP about an area of local injustice or look at the WaterAid website (wateraid.org.uk) and pray for those in the world who do not have clean water or adequate sanitation.

PRAY

Let us join in with the prayer Jesus gave us:

Our Father in heaven,
hallowed be Your name,
Your kingdom come, Your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are Yours
now and for ever.
Amen.

BLESSING

May we be refreshed by the living water that
Jesus invites us to drink.
Let us share this spring of living water with
those who are thirsty for God's love.
And may we all be blessed through the God
of life, the Christ of love
and the Spirit of grace.
AMEN

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Caraway
Spiritually Resourcing the Older Person



The Living Water