

THIRSTING FOR THE SPIRIT- PROMISE OF A RIVER, Jn 7:37-39, 11/13/22

3. UNION- Jesus, heal my union with You.
 - a. Scripture truth- Eph 3¹⁶ I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. ¹⁷ Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. ¹⁸ And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. ¹⁹ May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. (NLT-repeat meditatively 2-3x)
 - b. Response- Father, Jesus, Holy Spirit- heal my union with you. My union with you is my deepest need. I love you. I believe in you. I worship you. Restore our union, Lord. Heal and restore our union. I love you here, from my heart, where you dwell with me. (Relax, repeat as needed)
4. FILLING- Fill me. Saturate me. Surround me.
 - a. Scripture truth- Jn 7 ³⁸ Whoever believes in me, as Scripture has said, rivers of living water will flow from within their belly. ³⁹ By this he meant the Spirit, whom those who believed in him were later to receive.
 - b. Response - I pray for more of you Holy Spirit. I pray that You, the River of life would fill me, restore me, renew me, surround me, flow through me, in me and out of me. Saturate me with your love. Saturate me with your life, your power, your joy, your fruit of the Spirit. Thank you! I love you Father, Son, Holy Spirit. (Repeat meditatively 2-3x)
5. BENEDICTION- Beautiful. That's good. That's enough for now. Go in Jesus' love, power, presence!
 - Make this a habit- morning & evening and when you get triggered.
 - Your union with Jesus, the filling of the Holy Spirit is what you need.
 - Let that need be your trigger, habit and reward. Vs anxiety → addiction → temporary relief
 - We are thirsty. Let's realize the Spirit is the real water.

❖ **WHAT'S GOD SAYING TO YOU?** – write it down, pray it back, DO IT, and share it with others!

Heavenly Father, the Spirit is the living water, the river, the well. I am thirsty. He dwells in me. So, I let everyone and everything go. Restore our union. Fill me, saturate me, flow over me, in me, and through me. All so that, I become close to Jesus and bring more to Jesus. I especially hear You saying, ...

GETTING OUR FEET WET- What are you thirsty for?

John 7³⁷ On the last day, the climax of the festival, Jesus stood and shouted to the crowds, "Anyone who is thirsty may come to me! ³⁸ Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart (his belly, his innermost being).'" ³⁹ (When he said "living water," he was speaking of the Spirit, who would be given to everyone believing in him.) (NLT)

DIVING INTO SCRIPTURE

1. Who qualifies?
 - Anyone who is...
 - Thirsty
 - Coming to Jesus
 - Believing in Jesus
2. What's the promise?
 - Rivers of living water
 - Will flow from his heart
3. A promise of authority- "For the Scriptures declare"- Is this promised anywhere else in Scripture?
 - Gen 2:10-14
 - Ex 3:8- (24x)
 - Ps 42, 63, 143
 - Pro 4:23, 10:11, 20:5
 - Isa 55:1-5, 58:11
 - Jer 2:13, 17:7-8
 - Ezk 36:25-26, 47:7-10
 - Jn 3:5, 4:13-14, 7:37-39

- Acts 2, 8, 10, 19- Joel 2
- Rev 22:1-2

GOING DEEPER- SOME TRUTHS TO PONDER

A. God m_____ us thirsty (even before sin)

- Physically- Spiritually- Emotionally- Relationally- G_____

B. God wants to s_____ our thirst- Isa 55, Jn 4, 7

1. God made us to be a w_____, spring, river bed & home for Him (Jn 4,7,15)

- Job 33⁴ The Spirit of God has made me; the breath of the Almighty gives me life.
- God made us
 - 3 parts- spirit, soul, body- I Thes 5:23
 - 3 functions- intellect, emotion, will- love God with all heart, mind, soul, strength- Mk 12:30
 - 3 levels (see John Eldredge, Resilience, ch 8- Going Deep)
 - The shallows- distractions, fleeting thoughts
 - The midlands- anxiety, worry, frustration, cares of this world- keeps you up at night
 - The depths- inner love, joy, peace, faith, hope - security, significance

2. At salvation the Father, Jesus & especially the Holy Spirit make their h_____ in us

- Father (Read over these Scriptures to build your faith ☺)
 - Jn 14²³ Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them.”
 - Jn 17.²⁶ I have revealed you (Father) to them, and I will continue to do so. Then your love for me will be in them, and I will be in them.” (NLT)
- Son
 - Jn 15⁴ Remain in me, and I will remain in you.
 - Rom 8¹⁰ And Christ lives within you,
 - Gal 2²⁰ My old self is crucified with Christ. It is no longer I who live, but Christ lives in me.
 - Col 1²⁷ Christ in you, the hope of glory.
- Holy Spirit
 - Rom 5⁵ He has given us the Holy Spirit to fill our hearts with his love. (NLT)
 - Rom 8¹¹ The Spirit of God, who raised Jesus from the dead, lives in you.
 - I Cor 6¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you
 - I Cor 12¹³ For we were all baptized by one Spirit...We were all given the one Spirit to drink.
 - Eph 3¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, (literally- inner man, NIV)

3. Some conclusions

- My heart is essential. My heart is where God dwells in me! God's river is meant to flow through my heart.
- This has always been God's heart- to dwell with us, among us, and in us!! (Rev 21:3)
- So, by faith in Jesus, I have the Holy Spirit dwelling in me- my heart, spirit, soul and body.

C. SO, how thirsty do I have to be to be filled with the Spirit?

1. The normal answer- (True, but not the complete truth)

- Confess all your sins- I Jn 1:9, Ps 66:18, Isa 59:2
- Pray for days- Acts 1:3, 2:1, Mt 4, Dan 10, Jer 42:7
- Obey everything you already know- Jn 7:17, 14:23
- Walk in the Spirit's public power- miracles, witness, revival - Acts 1:8, 2:42, 4:31

2. Jesus' invitation- to the Samaritan woman & the temple crowds- Jn 4, 7, Mt 11:28-30

- Simple Conditions for the woman- go call your husband & believe
- Simple Conditions for the mighty river- be thirsting, coming & believing
- Simple Conditions for the easy yoke- weary, come, take my yoke & learn from me. He's gentle!!

3. Analogy- salvation is by faith (receiving, accepting, joining) NOT works (striving, earning, alone)

- Filling of the Spirit is the same- stop trying and start trusting, abiding, receiving
- Best way to the Spirit's filling t – go to the Spirit, ask Him to help you confess, pray, obey, share
- Best way to get close to Jesus - love Jesus where He is- above, beside, & within you!

TAKING IT HOME-a Prayer Experience – adapted from John Eldredge's One Minute Pause (App for phone. Highly recommend it. 1 min, 3 min, and 30 days to Resilience- <https://www.pauseapp.com/>)

1. GET QUIET & COMFORTABLE- get in a comfortable chair, relax your body, 3 deep cleansing breaths. If possible, draw knees up to chest- you're in Father's lap- protected, provided for, loved!

2. LETTING GO- I give everyone and everything to You.

- Scripture truth- I Pet 5⁷ Cast all your worries and cares on him because he cares for you. (Repeat meditatively 2-3x)
- Response- letting go
 - Father, Jesus, Holy Spirit- I give everyone and everything to You. (Repeat 2-3x)
 - What do you need to let go of? Name it- job, child, that e-mail, etc. Release & rely, let go & love, detach & depend. God loves & cares for you ☺.
 - Let Jesus take you to the “Why” behind the worry or frustration- the “depths.” What are you looking for, needing? Love, security, significance? Give it to Jesus in your spirit, where He is.