

## **Is it in you?**

### **Ready:**

"...whoever drinks from the water that I will give him will never get thirsty again--ever! In fact, the water I will give him will become a well of water springing up within him for eternal life."

-John 4:14

### **Set**

Gatorade has posed the question, "Is it in you?" in its famous ad campaign. Each ad emphasizes the ability of their product to quickly replenish an athlete's body with the nutrients lost during competition. To back it up, the company provides scientific evidence that it better rehydrates athletes than water.

In the same way that athletes get thirsty physically and need replenishment, all of us get thirsty for inner fulfillment. To quench it, many people experiment with products, lifestyles, education, ideas and religions. But this thirst is one that only Christ can cure. Just as Gatorade has the ability to replenish us with nutrients not found in water, Christ has the ability to fulfill us in deeper ways than anything of this world. He illustrated this the day He witnessed to the woman at the well in Samaria (see John 4:1-26).

So, today, ask yourself this question: His grace, His fulfillment, His water . . . Is it in you?

### **Go**

1. What do you thirst for?
2. Do you have a thirsty teammate who believes a win or a championship will quench his or her inner thirst?
3. What can you say to that person?

### **Workout**

Isaiah 49:10; 55:1-2  
Matthew 5:6

John 4:1-26

### **Bible Reference:**

John 4



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