

## **Thirsty**

### **Ready:**

“On the last and most important day of the festival, Jesus stood up and cried out, ‘If anyone is thirsty, he should come to Me and drink! The one who believes in Me, as the Scripture has said, will have streams of living water flow from deep within him.’” - John 7:37-38

### **Set**

When it comes to thirst, athletes need to be careful. Once the body initiates this feeling, we need to take in fluids ASAP to make sure our bodies continue to function properly and cool down while we compete.

We all know we can't live without water. It regulates your body temperature, protects joints, helps remove waste from your body and more. It's 100 percent critical for life and activity. Still, many athletes don't take in enough of this life-giving nutrient. As a result, they exist and move but their bodies can't function at optimum levels.

Jesus made a wonderful analogy when He referred to Himself as living water. He is our most critical nutrient. Without Him we have no hope, no salvation, no life. We absolutely must have Him if we are to experience life to the full here on earth and someday have life with the Father beyond this one. And while many of us have taken the first steps and “tasted,” we often don't get enough of Jesus to thrive. As a result, we have salvation but aren't functioning at optimum levels.

During a recent training run, I decided to try a new path. It wasn't the best environment. There was no breeze, the constant sun was uncomfortable, and I got thirsty fast. Suddenly, a thought came to my mind: “My grace is sufficient. My love is sufficient. My approval is sufficient.” I wondered what was going on that made this message necessary, but when I finished the run I knew the answer. As I drank a refreshing, nutrient-rich beverage, it was obvious. I needed more of Jesus.

Today, don't forget to drink enough water as you compete. But even more important, don't forget to take in plenty of Living Water. Let Jesus fill you up and help you experience life at the optimal level.

### **Go**

1. Have you ever let yourself get too thirsty during training or competition? What happened?
2. Have you ever let yourself go too long without connecting with God? What happened?
3. How can Jesus fill you up when you're spiritually thirsty?

4. How can you use your training time to connect with God?

### **Workout**

- 1 Kings 19:11-12
- Matthew 11:28-30
- John 10:10

### **Overtime**

“Lord, thank You for who You are. You are great and worthy of all my praise. I humbly confess and ask for forgiveness for not keeping You first in my life. I invite You into every area and ask that You would help me be obedient to Your Word. You are enough for me. In Jesus’ name I pray. Amen.”

### **Bible Reference:**

John 7:37-38  
1 Kings 19:11-12  
Matthew 11:28-30  
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