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## **Fit 4 Ever: Proper Hydration**

It should come as no surprise that Jesus knows how important water is to life; that's the way He designed it. And in this Scripture, Jesus tells the Samaritan woman everything she needs to find salvation. Living water represents eternal life. Jesus has it, you must ask Him for it, and it is a gift to be received.

### **Bible Reference:**

John 4



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