

Thought for the Week

Drinking Living Water

“Whoever drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.” John 4:13, 14, NKJV

WATER IS ESSENTIAL to life and makes up 60 to 75 percent of our body’s weight. It is a solvent. Nutrients, such as glucose, are dissolved in the blood plasma and transported to body cells, thanks to water. Without water, waste products wouldn’t be dissolved and excreted in the urine. Plus, the sense of taste depends on water.

Water is a lubricant. It prevents friction where surfaces meet and move; it’s part of the synovial fluid in the joint cavity that prevents friction as the bone moves. And because the digestive tract mucus (mostly water) is slippery, our food has a smooth passage through the intestinal tract.

Water changes temperature slowly—it absorbs a great deal of heat before the temperature rises significantly; conversely, it releases a great deal of heat before the temperature drops significantly. This is one of the factors that help our bodies maintain a constant temperature. Plus, without water we wouldn’t be able to sweat, which is the evaporation process that helps keep the body cells from overheating.

These are just a few vital body functions that water makes possible. Yet it’s surprising how many people have no idea that their body’s health is dependent on getting adequate water.

In 1991, I was a member of an evangelistic team sent to Lvov, Ukraine, formerly part of the U.S.S.R. I was shocked to learn that as part of the treatment for various diseases, the people had been told to restrict the drinking of water! In one of my first lectures, I talked about the importance of water, stressing that at least eight glasses of water was essential for proper kidney function, which removed wastes from their bodies. Then I asked the audience to try to drink eight glasses of water daily for the next three weeks. At the end of this period, when I asked if they had followed this practice, they gave me a standing ovation. Apparently, water had made a significant difference in their lives!

Similarly, you can experience a significant difference in the quality of your life by drinking the “living water” of Christ’s salvation.

Taken from the book, *Fit For Ever*