

Hydrate!

John 7.37-44

October 30, 2016



On the last and greatest day of the Feast, Jesus stood and said in a loud voice, "If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him." By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since



Jesus had not yet been glorified. On hearing his words, some of the people said, "Surely this man is the Prophet." Others said, "He is the Christ." Still others asked, "How can the Christ come from Galilee? Does not the Scripture say that the Christ will come from David's

family and from Bethlehem, the town where David lived?"

Thus the people were divided because of Jesus. Some wanted to seize him, but no one laid a hand on him.

I. ESSENTIAL

App 1:



II. HEALTHY



•Cleanses toxins

• Cuts risk of disease



• Enhances clarity



Luke 17.3 (ESV): *Pay attention to yourselves!* (NIV) *Watch yourselves!*

Mark 13.33: *Be on your guard! Be alert!*

• Improves digestion

App 2:



III. REFRESHING

"Thank you for this water - help me drink more of you..."