



# *just* WATER

## SESSION 3

MOVEMENT MESSAGE

MESSAGE: RIVERS OF LIFE

### INTRODUCTION

In Session 3 we will look at how God is challenging us to be open to being a part of solution--He will pour life into you so that you can pour your life out for Him.

Think about the many things God whispers to your heart and how you can respond as Jesus would.

### VIDEO

Click on the link to the right to watch and download the *Rivers of Life* video for Session 3.

Or visit <https://vimeo.com/131470427>





# just WATER

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## TEACHING OUTLINE

### MESSAGE: RIVERS OF LIFE

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#### CONNECTION

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##### Tell a personal story:

- Talk about something that someone has said to you repeatedly. Maybe it's a story or a phrase, maybe even something you find annoying (like a parent telling a not-funny joke or reminding you, "Be careful making that face — it could get stuck like that!"). Then share the moment when you started telling the same story or joke-out of habit — out of memory because someone had poured whatever it was into you.

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#### THE ACHE

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Let's take a look at the numbers.

- **30,000** deaths occur every seven days because of unsafe water and unhygienic living conditions.
- **27,000** of those deaths are children under 5 years old

No one needs to convince you there's a problem. You are convinced already. But you may have a more difficult time imagining what you can do to change this injustice. Perhaps it's because you haven't learned about what will flow out of you when you let God pour into you. Let's talk about it a little more.

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#### THE TRUTH IN GOD'S WORD

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God challenges us to be open to being a part of solution--He will pour life into you so that you can pour your life out for Him.

The prophets echo the way things will be someday when the landscape of creation and the landscape of our hearts match the justice of God again.

Amos' call sounds like a gong:

*"Let justice roll on like a river, righteousness like a never-failing stream!"*

**Amos 5:24**  
**Ezekiel 47:1-12**  
**John 7:38**

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## ACTIVITY

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- 1) How Water Works - List
  - 2) Noelani's Infographic
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## APPLICATION

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As God pours into you, you'll begin to grow restless to respond as Jesus would. Think about the many things God whispers to your heart. Do you believe them?

Are you ready to take all the living water that's been building up in your life **and let it** loose on the world?

Spend some time thinking about how you will do that in small groups.

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## LANDING

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When creation returns to all that it was created to be, when our hearts are restored and made whole again, the consequence is life's water flowing in ways that bless and heal.

**YOUR LIFE WAS POURED INTO SO YOU COULD POUR YOURS OUT FOR OTHERS.**



# just WATER

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## TEACHING SCRIPT

MESSAGE: YOUR LIFE WAS POURED INTO SO YOU COULD POUR YOURS OUT FOR OTHERS

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### CONNECTION

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#### Tell a personal story:

Talk about something that someone has said to you repeatedly. Maybe it's a story or a phrase, maybe even something you find annoying (like a parent telling a not-funny joke or reminding you, "Be careful making that face — it could get stuck like that!"). Then share the moment when you started telling the same story or joke-out of habit — out of memory because someone had poured whatever it was into you.

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### THE ACHE IN THE WORLD

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It's not uncommon to feel a bit hopeless or useless when we see situations where children are malnourished and sick. There is a cycle of pain that is visible when we see families unable to care for each other. There is a story that needs to change. We know that **access to sanitation, the practice of good hygiene and a safe water supply could save the lives of 1.5 million children a year**, but we don't know how to help. Where do we begin?

Let's take a look at the numbers.

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- **27,000** of those deaths are children under 5 years old

No one needs to convince you there's a problem. You are convinced already. But you may have a more difficult time imagining what you can do to change this injustice. Perhaps it's because you haven't learned about what will flow out of you when you let God pour into you. Let's talk about it a little more.

We believe that these unjust realities shouldn't be — they anger us. But God was the first to be angry and first to be compassionate toward those in need. God wants to use us to do something about what we see and feel. In many ways, the sins of our parents and the sins of our generation contribute to the cycles of poverty that push people down and keep them sick and vulnerable. So we may even feel some guilt about what we see. But God has some things to say about how we respond.

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## THE TRUTH IN GOD'S WORD

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God challenges us to be a part of solution--He will pour into you so that you can be poured out for Him.

Remember, we've talked about the story of God's people and the horrible cycles they fell into. We can't forget that Jesus became the divine interruption for those cycles, making it possible for relationship and creation to be restored. Jesus did that. First.

In the middle of those cycles, we find in God's story these people called prophets. The job of a prophet wasn't super fun. It wasn't even a little bit of fun. One of their main jobs was to remind the people of what they didn't want to be reminded of. The reminders were mainly about how far people had wandered away from God and what the consequences of that wandering would be. They mentioned the words exile and slavery, a lot. Intense, right?

But there's good news: A prophet's job was strangely beautiful, too. Usually after they had explained how awful things had become and how life would look if they stayed in their patterns, they would paint a picture or tell a story of what life would be like after the cycle ended.

What became established through the prophets was an oral tradition, a remembered language. Certain terms and sayings would remind the people of God that there is more, that there is hope. Their ears couldn't help but perk up because it meant good stuff to come, relief was on the way.

The prophet Isaiah talks about "a new heaven and a new earth." It's not a surprise that the phrase would be repeated in the book of Revelation.

People would hear this phrase and say, *"Oh yeah, I remember this is my heritage. It means something good is coming. It means something good is becoming in me."*

Another idea that the prophets repeat is the idea of "living water." Jeremiah mentions it when explaining how far God's people had strayed, saying ...

*"My people have committed two sins:  
They have forsaken me,  
the spring of living water,  
and have dug their own cisterns"*

and again:

*"Lord, you are the hope of Israel;  
all who forsake you will be put to shame.  
Those who turn away from you will be written in the dust  
because they have forsaken the Lord,  
the spring of living water."*

The prophet Zechariah speaks about in more of a positive light saying ...

*"On that day living water will flow out from Jerusalem, half of it east to the Dead Sea and half of it west to the Mediterranean Sea, in summer and in winter."*

And one of the most beautiful pictures of this is from Ezekiel. He gets this vision while the temple is being rebuilt and a river is flowing out from the temple, the house of God, in all different directions, and it's sustaining and fortifying the land and its people. And wherever the river flows there is life — and not just regular life, but life that goes on and on.

Then we hear from Amos, who supplied the vision for this entire movement. Amos uses the same idea when he says ...

*“Let justice roll on like a river,  
righteousness like a never-failing stream!”*

A never-failing stream  
A river that’s full of life  
Living water

These would be the strange, mysterious and beautiful images still floating around in the minds of the Israelites when Jesus arrives.

FAST FORWARD to a day Jesus has a strange encounter with a woman at a well. The reason it’s strange is because there are a lot of reasons why it shouldn’t have happened.

Number one, she’s a Samaritan, and at that time Jews didn’t hang with Samaritans. But Jesus did. Aren’t you glad that our God is a God who breaks down prejudices of any kind?

Number two, she’s a woman. At that time it wasn’t proper for a man and a woman to meet in this fashion. Aren’t you glad our God is a God who chooses to build bridges instead of building walls? Sometimes, in seeking justice for this world we have to instigate things that may cause people to ask questions. To break the cycle, there will be some moments where we will need to rebel against the status quo of being afraid to reach out or afraid to take a risk on behalf of another person. Jesus shows us when to do that and how.

Number three, she is an outcast. You know what those are. They’re the ones no pays attention to, the one’s who don’t fit, the ones people make fun of. They have been refused acceptance. It was lunch time. No one would come to the well at noon unless they were cast out from society because it was the hottest part of the day. She was not the socially acceptable person for Jesus to socialize with, but He did anyway.

Jesus asks her for a drink.

*“The Samaritan woman said to him, ‘You are a Jew and I am a Samaritan woman. How can you ask me for a drink?’*

Jesus answered her, ‘If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.’”

There it is! That phrase, the idea that would spark so many memories of what the prophets were talking about. Something good must be coming or maybe has already come.

Later Jesus says this about this water:

*“Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”*

Jesus is using this familiar language, but he’s making an important change. No longer is this living water something that just belongs to God or something that flows out of the temple. Now it seems it’s something that we can have ourselves. Jesus is saying this living water can live inside of you.

Living water lives inside of you. God pours it into you through Jesus.

In John 7:38, Jesus says, *“Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.”*

So now this living water not only resides within us, but it flows out from us. What Jesus is saying here is HUGE. We are

the temples, and we are the rivers of living water.

Aren't you glad that our God is a God who would trust us with the power to pour out His justice on this world? Aren't you glad that our God is a God who would give us His heart for are poor, marginalized, left out, and hurting so that we might do his will on this Earth as it is in Heaven?

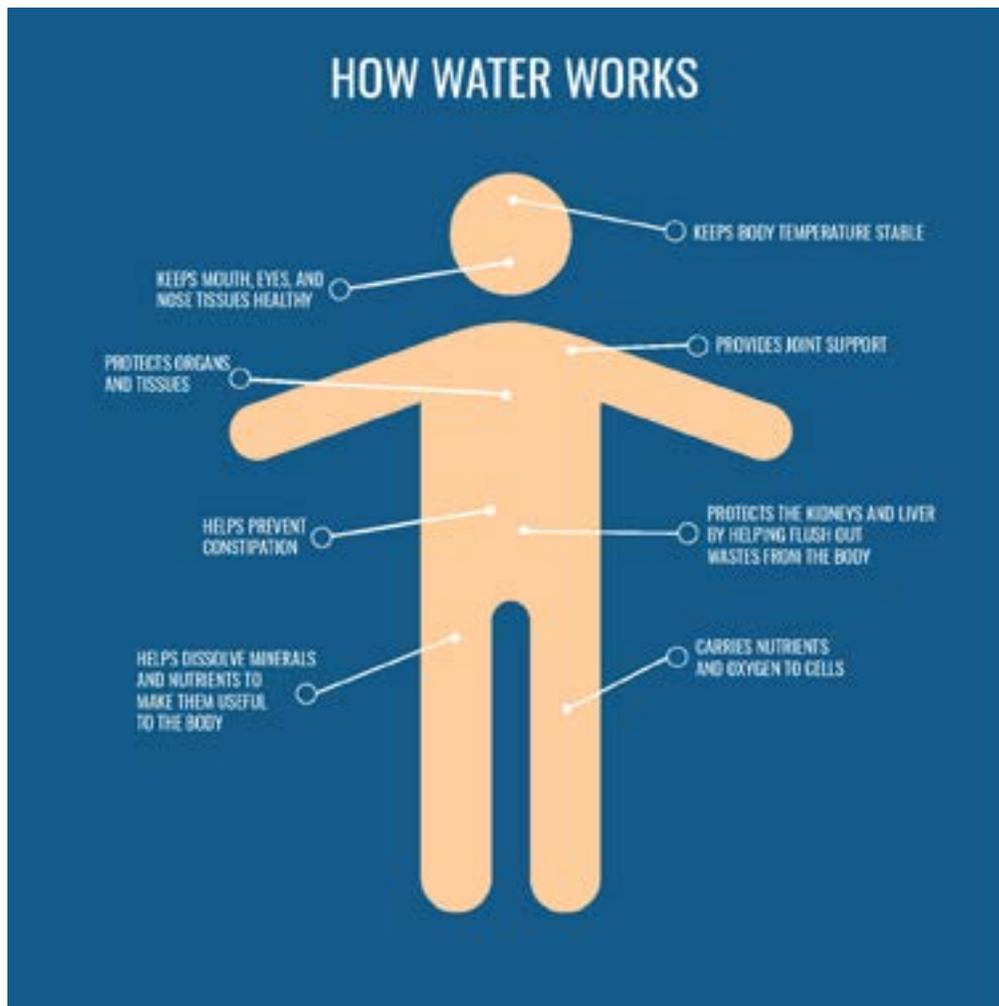
I'm not sensing the same buy-in as the other "aren't you glad?" questions. I get it. We don't quite know what this means. This mysterious living water language can be a little confusing to us. What does it mean to actually BE a river of living water?

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## ACTIVITY

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I want to show you a graphic about how water affects the entire body. You may be surprised by this.



Write down five ways your abilities would change if your body didn't have access to safe water. Think about what life would be like if water wasn't helping each part of your body do it's job.

Water must flow into every place in your body.

And just like that, it was created to flow into every area of the world, for everyone to be safe and full of life.

Now I want to share another graphic with you and share a story about a girl named Noelani.

# Just Water Weekend Kit

**In the beginning when God created water, it was good.  
Water brings life to creation and to humanity.**

**We can't live without water, yet 660 million people in the  
world don't have access to safe, clean water to drink.**

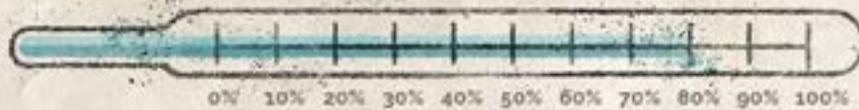


1 in 3 people in the world do not have access to improved sanitation.  
Noelani is one of these people.



On an average day she walks 3.7 miles (5.95 km) to collect water.  
The container of water she carries can weigh 40 pounds (18 kilograms).

Much of the water she collects is contaminated with microorganisms that cause disease. Disease from unsafe water and sanitation kills more people per year than war.



80% of all sickness and disease in the world  
is caused by contaminated water.

## The worst culprits?



### Diarrhea

1.8 million  
deaths each year

### Typhoid

12 million  
affected each year

### Cholera

120,000  
cases each year

### Parasites

200 million  
infected each year



Because of the time Noelani spends collecting water, she is unable to attend school.

Without an education, Noelani will be more likely to marry young, become a mother early, and continue living in poverty. Education provides opportunities for a better future. With education, Noelani could eventually help herself and her family break the cycle of poverty.



YOU can help her begin to interrupt the cycle.

YOU can help Noelani find a new path, clean water, education, and good health.

## How?

The funds you raise for Just Water will help the church to:

- Teach health and hygiene practices to prevent waterborne disease
- Use simple innovation to sustainably provide safe water
- Offer tools and training for hand pump repair
- Create access to improved sanitation
- Use water to build opportunities in microbusiness
- Equip people for community development and disaster relief

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## STORY

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Noelani\* has to walk for miles to collect water for her family every day. Though water isn't scarce in southern India, where she lives, the sources near Noelani's home are polluted with deadly diseases due to poor sanitation systems--or no sanitation at all. Sometimes Noelani has to stand in line for hours a day to get safe water for her family. These are hours she would typically spend in school, growing her education and gaining opportunities for her future. The time that Noelani isn't out collecting water, she's taking care of her younger siblings — leaving her little time to play, dance, sing, and just be a kid.

On top of that because of poor sanitation Noelani struggles to maintain good hygiene because she can't do things like wash her hands in clean water. This puts her at danger for deadly disease.

When the local church began work near her village, they started by installing a well on the property. They understood that this was a vital need to the community, and things began to change.

Because of this well Noelani no longer had to spend hours a day collecting water, and she could go to school and learn instead.

Because of the clean water source, sanitation was possible so Noelani could wash her hands and perform other tasks of healthy hygiene. Because of that, her risk of disease and death went way down. She can be healthy.

Because of the church's continued presence in the community she has someone to watch after her younger siblings so that she can run, play, dance, and be a kid.

Because of all these changes her community also began to generate income through farming and other means, and the cycle of poverty could be broken for many generations to come after Noelani.

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## APPLICATION

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As God pours life into you, you'll begin to grow restless to respond as Jesus would. Think about the many things God whispers to your heart. Do you believe them?

Are you ready to take all the living water that's been building up in your life and let it loose on the world?

Spend some time thinking about how you will do that in small groups.

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This is the statement we want you to remember:

**YOU WERE POURED INTO SO THAT YOU COULD POUR OUT.**

This isn't a new idea that we just came up with. The prophets spoke about it and Jesus confirmed it. He poured his restorative power into you so that you might go and be a river of life for this world. And when the rivers are flowing, OH MAN, every broken part is affected

How do you want to pour out your life for those who don't have fit water, for those who suffer?

### **Romans 12:20 (The Message)**

Our Scriptures tell us that if you see your enemy hungry, go buy that person lunch, or if he's thirsty, get him a drink.

Your generosity will surprise him with goodness. Don't let evil get the best of you; get the best of evil by doing good.

When the creation, when our hearts are restored, life's waters will flow again. YOUR LIFE WAS POURED INTO SO YOU COULD POUR YOURS OUT FOR OTHERS.

## **YOUR LIFE WAS POURED INTO SO YOU COULD POUR YOURS OUT**

COMMIT TO MEMORIZING TOGETHER:

*"But let justice roll on like a river,  
righteousness like a never-failing stream!" Amos 5:24*



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## SMALL GROUPS

### NOTE FOR LEADER OR PARENT:

Ask questions in a pace that works for your group or family. Silence can be a good thing. Try to steer away from yes/no questions, and affirm the different contributions each person gives to the discussion. You can facilitate the group conversation to be most meaningful by giving more time to the places people feel most engaged.

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## GROUP QUESTIONS

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- 1) Do the water statistics stir up any emotions in you? Anger? Sadness? Fear? (Or maybe the statistics are too big. Think about one child you know. If she or he died because of lack of clean water, how would you feel?)
- 2) Jesus showed us that He would be more about building bridges than building walls. How does God build bridges for justice to be experienced and lived out in your community?
- 3) Where do you see God calling your group or family to serve and build bridges so cycles of injustice can be broken?
- 4) Describe a person or people in your family or in your church who have “rivers of life” flowing out of them. What are they like? What qualities do they have? Send a message to them thanking them for setting an example for others to follow.