

REFLECTION GUIDE

FEBRUARY 28



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REFLECTION GUIDE

FOR FAMILIES, INDIVIDUALS, & SMALL GROUPS

REFLECT.

1

Where are you in your life now? Before the transforming encounter with Christ or after (or both in some ways)? What would your hashtags be?

2

Describe a time when God transformed your thirst, your need, your backstory into a testimony of God's goodness through an encounter with Christ.

3

What's the one thing that Jesus did for the woman that resonates most with you: he revived her, he reminded her of her worth, or he rebranded her faith? Why does that resonate in your life now?



IMAGINE.

*An encounter with Christ can turn our thirst and our backstory into a testimony.
During Lent...let's strive for an encounter with Christ. We are revived when we do.*

Rev. Natosha Reid Rice

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Imagine the encounter with Jesus that you're hoping for this Lenten season. Is it to be revived? To be reminded that you're worth it? To be rebranded? Imagine what Jesus would say to you, what needs Jesus sees in you. Imagine what it might look like when your thirst is turned into a testimony. What will you be doing? How will you feel? What is different in the life in your imagination? In that imagining, what will you be proclaiming that Jesus saw in you, knew about you, offered you, did for you?



EXPRESS.

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.

John 4:14

Identify the areas in your life and heart that are dry, thirsting for water. Record them somehow:

- write them on a piece of paper OR
- draw them in the dirt outside OR
- write them on a washcloth with washable marker

Add water to what you have written: sprinkle it on your paper, or wet the dirt with a watering can or hose, or soak your wash cloth in it. Pray to encounter Christ; ask God for what you need. Jesus sees you.

Share water. Take some more water and sprinkle it on your family members and in each room of your home. Pray for God's abundant springs of living water to well up in your souls.

Take time to play in and **appreciate water today**. Every time you turn on a faucet, let the physical water prompt you to thank God for the living water that can quench your soul-thirst, and pray about any areas of dryness you've identified in your heart, pressing in to encountering Jesus.

Offer praise. Here's a playlist of "water" praise songs: <https://youtube.com/playlist?list=PL0XkduP70YSTKjieObUFuVhbDU1Bd5NzH>

