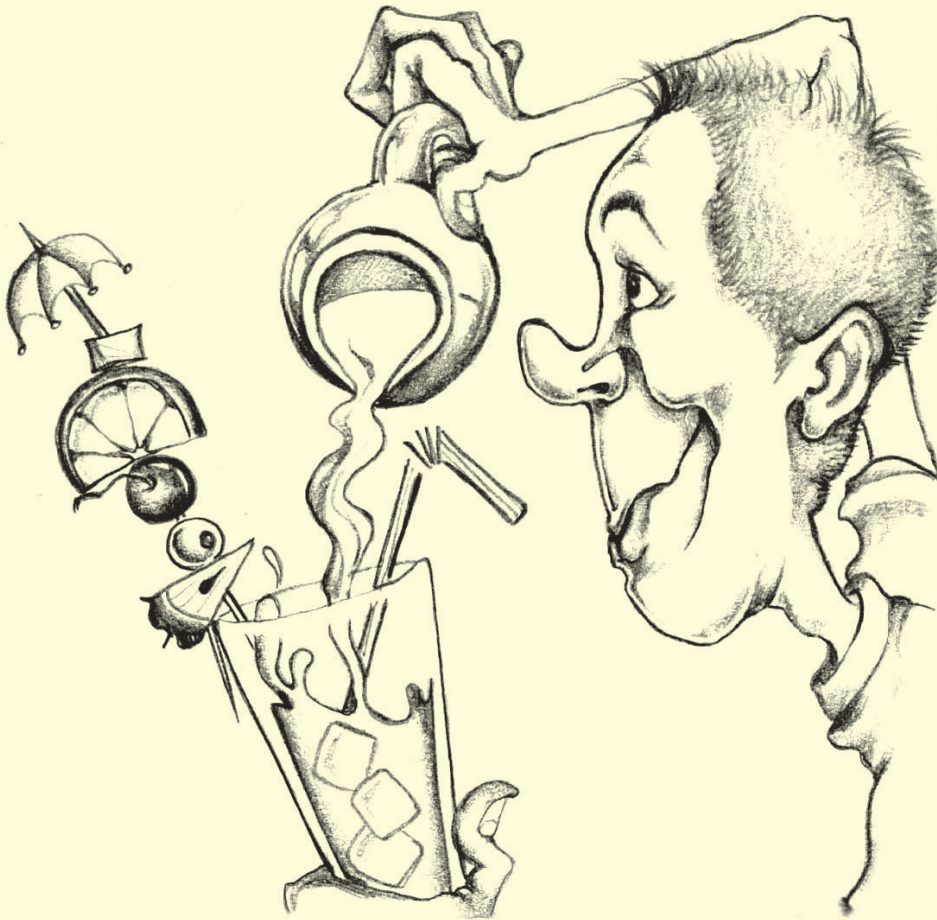


Drink ... Praise ... Listen...

The next time you pour yourself a big glass of cold water, or some other refreshment that you enjoy, while you drink it, praise Jesus for the wonderful, soothing, refreshing words that He speaks to your heart. Drink it slowly and imagine His Spirit going into you just as you take in the beverage.



Meditate on how He is the water of life. Think about how much you need Him, and how refreshing it feels to spend time with Him. Then stop for a moment and listen, and give Him time to speak to your heart.