



Words for Wondering

An Advent to Epiphany Course from the
Diocese of Aberdeen and Orkney

Saturday 17th January

Waters



Scripture: **John 7: 35-37**

On the last day of the festival, the great day, while Jesus was standing there, he cried out, 'Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, "Out of the believer's heart shall flow rivers of living water."' Now he said this about the Spirit, which believers in him were to receive; for as yet there was no Spirit, because Jesus was not yet glorified.

Reflection

In the Bible water is often used to symbolise faith, purification, and provision. In the Scottish Episcopal Church's Baptism rite the prayer over the water at a baptism speaks about water at creation, Noah and the flood and Moses parting the Red Sea at the Exodus. In the Gospel of John the metaphor of Jesus as the 'Living Water' is used, with Jesus promising the Samaritan Woman at the well that drinking this water would lead to eternal life (John 4). How is Jesus the living water for you - nourishing your spiritual and whole life?

To Listen

[Wade in the Water \(trad\)](#) and [Rhythm of Life](#) from Sweet Charity