



SPIRITUAL WELL-BEING

A S H A K E T H E N A T I O N S D E V O T I O N A L

“Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation.”

With joy you will draw water from the wells of salvation.

Isaiah 12:2-3

The Bible says, "With joy you will draw water from the wells of salvation."

Have you noticed people around you who can sometimes draw from wells of pain, anger, or despair? Unfortunately, they aren't drawing from a sustaining or life-giving source and quite often find themselves trapped in even deeper wells of discouragement! **The wells we draw from ultimately impact our spiritual well-being, and when this gets affected, so can our perspective of God and life around us.**

In John chapter 4, it's recorded of Jesus having an amazing conversation when He met a Samaritan woman visiting a well to collect her water. Whilst the text reveals Jesus Himself being thirsty when asking for some water, we also read His extraordinary words saying, **"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."** Jesus certainly wasn't discounting the need for natural water but rather exposing a much greater supernatural source that we can still tap into today!

Jesus went on to say in verses 13 and 14, **"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."**

When our source is Jesus, He promises not only that we'll never thirst again spiritually but that a supernatural spring will burst up and flow through us to life everlasting. **When we grasp this truth, we can then read Isaiah 12 through the lens of Christ and, with joy, begin to draw from God's eternal wells of salvation!**

Whilst the woman in John chapter 4 knew exactly where to find natural water, she had yet to experience the well she needed for her spirit. Jesus saw past her natural needs to recognize a deeper spiritual thirst as the secrets of her heart were drawn to the surface.

Today, are you drawing from the wrong source? Is your spiritual well-being affected by the wells you choose to drink from? In Acts 17:28 it says, **"For in him we live and move and have our being."** Likewise, **John 15:5** says that **apart from Jesus, we can do nothing!** The Bible makes it clear that Jesus is the well, and drawing closer to Him each day will provide us with all we need to face life's challenges and become all He wants us to be!

Notice that when the woman came to the well in John chapter 4, she carried a water jar with her. But by the time she'd met with Jesus, the Bible says that she left her water jar behind and went straight to her town to tell everyone about this amazing experience! **One encounter with Jesus was enough to give her fresh perspective and purpose, turning a desperate woman into a dedicated evangelist who reached a whole town!**

As you draw close to Jesus today, leave your water jars of discouragement behind and allow Him to refresh your body, mind, and spirit, leading you into all He has for you to do!