

Practice Guide for February 9th 2025

ICON, pt. 2—Living Water

Facilitator's Note: This is your first group of the Spring Session. After getting to know each other, it would be a good time to discuss any ground rules (such as start/end time, house rules, and your group's [guidelines](#)) to help your first meetup run as smooth as possible.

Suggested Ice Breaker (5 minutes)

What is your go-to beverage when you need something refreshing on a warm day?

Opening (5 minutes)

Before beginning, open the meeting time with 2 minutes of silence to help you on God's presence. At the end, ask someone to open the gathering time with prayer, inviting the Holy Spirit to fill and refresh our hearts.

Reflecting On Scripture (20 minutes)

Have someone read John 4:7-15 and John 7:37-39 out loud for the group.

Questions for Discussion:

1. Jesus offers living water that permanently satisfies. How does this contrast with the ways we try to satisfy our spiritual thirst?
2. What does Jesus mean when He says, "rivers of living water will flow from within them"?
3. How does the Holy Spirit not just fill us but also overflow through us?

Community Practice (25 minutes)

Read aloud this quote from AB Simpson:

"Christ is not a reservoir but a spring. His life is continual, active and ever passing on with an outflow as necessary as its inflow. If we do not perpetually draw the fresh supply from the living Fountain, we shall either grow stagnant or empty."

Review the four common heart postures (quietly or aloud):

- A Rock – Closed Off. Hard and resistant, unable to receive the Spirit.
 - *Ezekiel 11:19 – "I will remove from them their heart of stone and give them a heart of flesh."*
- A Sponge – Consumer-Driven. Soaks up but dries out quickly, dependent on outside sources rather than abiding in God.
 - *Matthew 7:23 – "I never knew you."*
- A Hose – Selectively Spirit-Dependent. Open to the Spirit in certain settings but shuts off in daily life.
 - *1 Thessalonians 5:19 – "Do not quench the Spirit."*
- A Life in the Flow – Spirit-Dependent in Every Setting. Open to the Spirit at all times, consistently filled and overflowing to others.

- *Ephesians 5:18 – “Be filled with the Spirit.”*

Take 5-7 minutes to journal your response to these questions:

1. Which heart condition best describes me right now? How might God be inviting me to shift?
2. What would it practically look like for me to live in the flow of the Spirit daily?

Share your answers in groups of two or three.

Group Discussion:

- How does living filled with the Spirit impact our daily lives?
- What would it look like for us to be rivers of living water in our homes, workplaces, and communities?
- What could we do in this community group to invite the flow of the Spirit into our gatherings and relationships?

Closing Prayer (5 minutes)

Have one person close in prayer and/or *slowly* read aloud this portion of the poem “River of Living Water” by Julie Carro:

*Lord, I lift my hands to heaven; I praise your holy name.
Since you touched my heart, my life is not the same,
Every struggle, every wound, every pain, and every fear,
Was swept away with love, when you whispered, "I am here."*

*You took away my longing thirst, a spring now flows in me,
From your fountain of Living Water, you set my spirit free.
Like a droplet on a peaceful lake, that ripples to the shore,
From the throne of God, and of the Lamb... Let The River Pour.*

Amen.

Further Reading:

- The Familiar Stranger by Tyler Staton
- A Larger Christian Life by AB Simpson