



**ST NINIAN'S UNITING  
CHURCH**

**PRAYERS AND  
REFLECTION**

**MARCH 11<sup>TH</sup> 2026**

**BASED ON John 7:37-39**



**John 7:37-39**

**Rivers of Living Water**

<sup>37</sup> 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, <sup>38</sup> 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.’ ” <sup>39</sup> 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.

**OPENING PRAYER**

Lord of all Creation, it is my choice and one that I joyfully make to be in your holy presence, hearing the ancient echo of Jesus inviting me to come and drink the water of nourishment of eternal life. As I seek you, may I experience the living water that flows from your Spirit, refreshing my weary soul and quenching my never-ending and deepening thirst. Open my heart to receive the words of John, let your Spirit dwell within me being my guide to the truth empowering me to share the brightness of your light with the darkening world. I ask for a fresh and overflowing outpouring of your presence as I worship you today. In Jesus’ name I pray. Amen

**PRAYERS OF THANKS, PRAISE & FORGIVENESS**

For fresh clean water that nourishes body and soul – I thank and praise you

For friends and family and a safe neighbourhood – I thank and praise you

For the gifts of the Spirit to share with my community– I thank and praise you

For volunteers, first responders who put their lives at risk each day – I thank and praise you

For .....I thank and praise you

Please Lord, forgive my iniquities:

My weak and arrogant spirit

My silent voice and absent thoughts

My inaction when action was necessary

My fears of being a faithful follower

All these and those not named .....Lord forgive me.

Know that you are fully nourished by the flowing river of the living water. Christ has heard your plea of forgiveness and through the shed blood of the Lamb, Jesus says, 'You are forgiven, go and sin no more'.

Amen

## **REFLECTION**

John's reading today is one that is ageless. The words, 'If anyone is thirsty, let him come to Me and let the one who believes in me drink.' As for any experience there is a context that sits around it. In this case, it's happening during the Feast of Tabernacles, a time when people reflected on God's provision throughout their history. In this context Jesus reveals himself as the source of living water, quenching not just the physical thirst of the body, but also the far deeper spiritual longing that resides in every heart.

Jesus' invitation to everyone through the ages speaks to our natural desire for fulfilment. In the same way our bodies require water for survival, our souls crave spiritual nourishment. This thirst can reveal itself in many forms through feeling empty, something is missing in our lives, a feeling of being discontent and unfulfilled, some people searching for the meaning of life, life during that time may seem chaotic.

The image of living water signifies the Holy Spirit, who transforms and refreshes us, offering peace and a renewed sense of purpose.

Spending time reflecting on John's words is an encouragement for us to examine what 'cup' we're drinking from- or whose 'cup' we're taking up to our lips. Are we seeking satisfaction in temporary pleasures, material success, or validation from our peers or family? If that's the case then we may find ourselves perpetually thirsty, always looking for more yet never feeling truly satisfied. In contrast, Jesus proposes a real and meaningful relationship with him where we will find a cup that never empties.

As faithful followers of Christ, we are called to be generous and share this living water with others. When the invitation from Jesus is accepted, not only is Christ's grace received, we also become vessels of the love of Christ. We can pour out the hope and light of Christ into the lives of the people we meet in the street, at the shops, in our neighbourhood, because we don't know who the seekers are, those who are looking for the 'cup' of Christ's overflowing love and grace.

We are blessed to have the opportunity to hear the words of John as he leads us into a deeper relationship with Christ. We are assured that when we come to Christ, we can find true satisfaction and become conduits of his living water in world that so desperately needs it.

## **PRAYER OF INTERCESSION**

Gracious God,

As our prayer and reflection time together comes to a close today, the words of Jesus inspire me. Lord, lift up those who are thirsty for hope, satisfaction, and purpose. May they hear your call to come to the well and drink deeply from the cup of living water Christ offers.

Lord, break down any barriers that keep hearts closed. Let those feeling lost or burdened find respite and refreshment in your Spirit. I pray for families trying hard to make a living in these very tough times. I pray for friendships that they endure through difficult times, and I pray for communities – those struggling with despair or seeking fulfilment in all the wrong places. May they encounter your love through us and find the true peace that flows only from you.

Help us to be vessels of this living water, sharing your grace and love. In the name of the Spirit which nurtures and leads us all. Amen

[https://www.youtube.com/watch?v=vYuCfHc6D3M&list=RDvYuCfHc6D3M&start\\_radio=1](https://www.youtube.com/watch?v=vYuCfHc6D3M&list=RDvYuCfHc6D3M&start_radio=1)

