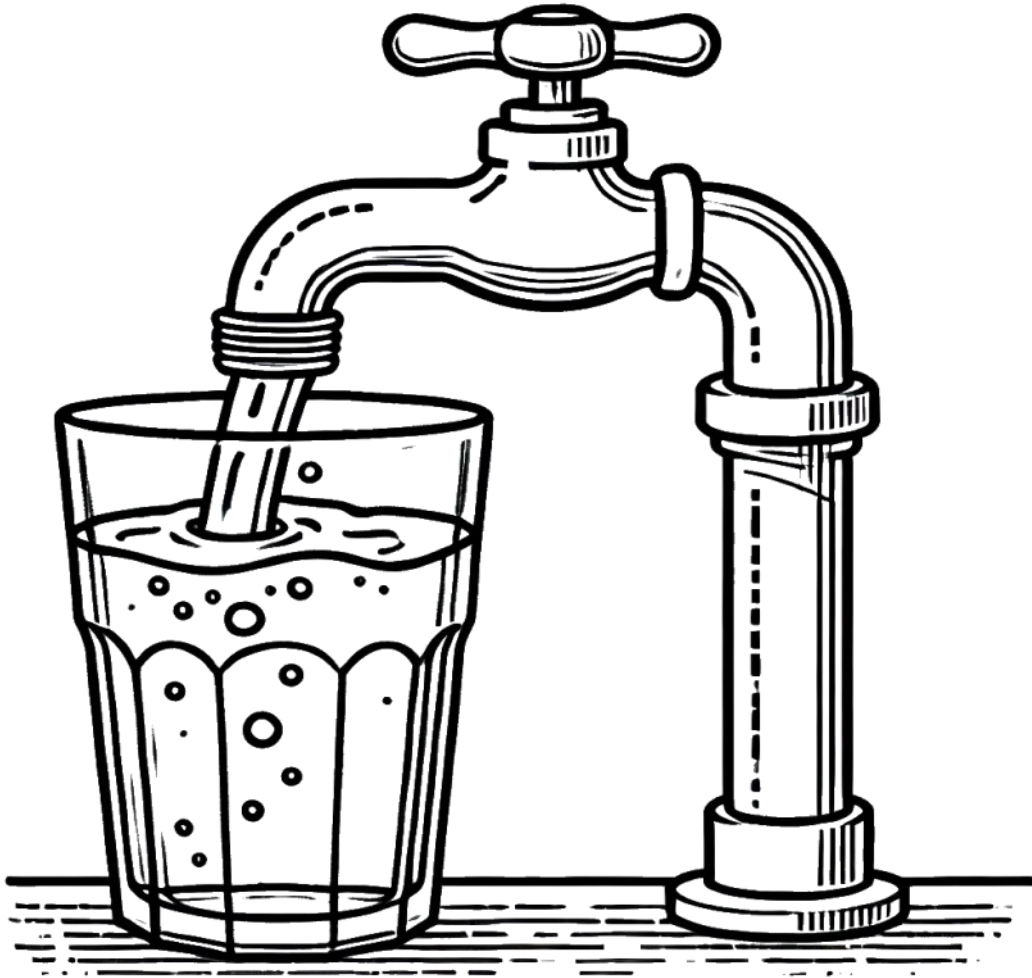


WEDNESDAY  
Celebrate Water



*"I will give you living water" (John 4:10)*

**FOR TODAY:** It's easy to forget something as basic as drinking water, especially when life feels overwhelming. Yet the simple act of drinking some water is an act self-care that helps both body and mind. Each sip is a small way of saying "I matter." Today, notice the simple gift of water - how it refreshes, sustains, and helps us keep going. Be as healthy as you can be—drink enough water every day.

➔ **Gentle suggestion:** Try keeping water within reach today, taking small sips as a mindful practice.

**SACRED MOMENTS:** When Jesus met the woman at the well, he spoke of living water: water that would truly satisfy. He saw past social barriers to recognize her deep thirst for acceptance and renewal. Today, as we drink physical water, we can remember that God's Spirit still offers this deeper refreshment to all who thirst. Each cup of water can become a reminder of sacred care, each drink a small connection to the Source of all life. Like the woman at the well, we're all invited to come, drink, and find refreshment for body and soul.

➔ **Simple practice:** With your next drink of water, pause and remember: God offers refreshment for all our thirsts - physical, emotional, and spiritual.