



LIVING WATER OUTLINE

ADULT AND FAMILY MINISTRIES GROUPS

INTRODUCTION

The chemical symbol for water is H₂O (2 atoms of hydrogen to 1 atom of oxygen) but for this afternoon we are going to look at H₂O in a different way.

H = HEALTH

Did you know?

- ◆ Muscles consists of 75% water
- ◆ The brain consists of 75% water
- ◆ Bones consists of 22% water
- ◆ Blood consists of 83% water

Water is essential for the following reasons:

- ◆ It transports nutrients and oxygen into cells
- ◆ It moisturises the air in lungs
- ◆ It helps with metabolism
- ◆ It protects our vital organs
- ◆ It helps our organs to absorb nutrients better
- ◆ It regulates body temperature
- ◆ It detoxifies
- ◆ It protects and moisturises our joints

On average experts say that you should drink eight glasses of water a day (or drinks containing water).

But can you tell the difference between tap water and bottled? We're going to have a taste test to find out!

Blindfold somebody and give them two cups of water, one with bottled water and one with tap water, and see if they can tell the difference.

Did you know that £2 billion² is spent on bottled water every single year in the UK? Yet for a fraction of that cost, we can get something that tastes just as good from the tap and is just as good for us. Just imagine what a difference that money could make if it was used to provide people with reliable access to clean water around the world!

2 = BETTER SHARED

There are 780 million people in the world without access to safe water .

Watch the *Water is Life* video from the ACTION PACK to unpack the reality of this a bit more.

Prayer

We moan about our gardens,
We moan about our cars,
We talk about drought conditions –
But how fortunate we are.
Forgive us, Heavenly Father,



When we fail to see the plight
Of so many other families
Who suffer day and night;
Where water is not guaranteed
And not very safe to drink.
When we next turn on our taps
Please, Father, make us think.



We thank you for our daily food.
Please teach us every day
To think of others and their need,
And help us give, we pray.

O = LOVE

In 1978 the group Sweet sang a song entitled 'Love is like oxygen':

*'Love is like oxygen –
You get too much you get too high,
Not enough and you're gonna die –
Love gets you high.'*

Where water is essential to life, so is love.

Bible reading: John 4:1-26

The Samaritan woman had come to collect water in the intense noonday sun when nobody else was around. We can only speculate why she did this. But perhaps one of the reasons was the fact that she had had a series of disastrous relationships. Remembering that women were not entitled to leave their husbands, we can see that this woman had probably been bereaved or dumped five times, and was now in a relationship that wasn't recognised by society and which offered her no protection. Can you imagine what she felt about herself and others? Yet here was Jesus, a Jew and a man, who spoke to her as an equal and confessed to her that he was indeed the Messiah.

Jesus always offers us complete love and acceptance, and wants to share with us, through his word and his Spirit, life-giving water.

Watch the Tawa Community Case Story video (or both of the case story videos in the ACTION PACK if you have time).

Collecting and using water is still primarily the role of women in these communities, and indeed in most families around the world. Imagine if you, like Kakwesi, had to walk as far as she does every day collecting and carrying water. How would that make you feel? What impact would that have on your health, your time etc?

Kakwesi is just one of thousands of women that you can help through supporting Living Water. Your donations and your fundraising can help improve access to clean and safe water for people just like her who spend hours collecting water day after day.

SUGGESTED SONGS

SB 374 'Once I was far from sin... Down where the living waters flow'

SoF 514 'Such love'

SoF 458 'Peace is flowing like a river'

HOW TO DONATE

- ◆ Hand in your donation to your local Adult and Family Ministries group or Salvation Army corps.
- ◆ Donate over the phone by calling 020 7367 4777 (Mon-Fri, 9-5).
- ◆ Donate online at www.salvationarmy.org.uk/livingwater.