

Saturated

Oasis: Self-Guided Prayer

You have influence. Somewhere someone is looking to you for advice, counsel, encouragement, acceptance or friendship. Whether you consider yourself someone of influence or not, you are. The moment you interact with the woman working at Walmart or the man who drives the bus you are automatically that person's sphere of influence in that moment. You might ask why this matters.

When you become aware of the amount of people you can potentially influence in any given day you will at some point come to the realization that you can only give so much, so much time, energy, compassion, empathy, or a listening ear before you run out.

The reality is we are not an ever-flowing river of life that pours continuously without effort. Our strength and our life come from Christ and from the life-giving Spirit of God. If we do not spend time soaking up God's presence and love then we will run dry, unable to effectively pour into others.

When you first came in you received a sponge. This sponge is dry and porous perhaps waiting to be doused with water in order to suck up as much as it possibly can. This dry sponge is not useful to clean anything or transfer water anywhere because this sponge is dried up. Are you dried up? Have you given everything you have?

God gives us Living Water. God's spirit refreshes us and gives us life in order to love others and have patience for others. When we are filled with God's presence we are most able to pour into the lives of others. Without this water these circumstances seem like inconveniences and annoyances instead. However, when we are filled with God's grace and peace and Living water we are able to give freely to those who walk into our lives.

Soak in God's presence. Allow God to fill you in the areas you are most dry. Where are the areas that you need God's saturation?

In the Sermon on the Mount Jesus says to *Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.* (Matthew 7:7) Of course we know we do not always get what we ask for, but it's not a bad place to start.

On the back of this page are scriptures. Find one that speaks to you, or maybe there is a scripture you are being made aware of right now. Read this scripture slowly, trusting that God will fill you with what you need. Imagine you are the sponge in your hand more than ready to be doused with God's Spirit. May you feel God filling you with love, patience, kindness and compassion.

There is a container with water up front. You are invited to take your sponge forward and dip it in the water. Squeeze out all of the air and imagine you are squeezing out the dry places in your life. Release the sponge allowing the water to rush into it. In the same way take a deep breath and allow God's Spirit to rush into you, giving you another blessing of Living water so that you may go out into the world and be a bubbling brook for others who are dry. May God fill you with His Spirit this day in the deepest places in your soul that need water desperately.

Love

and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. (Romans 5:5)

Who is a God like you, pardoning iniquity and passing over transgression for the remnant of his inheritance? He does not retain his anger forever, because he delights in steadfast love. (Micah 7:18)

Keep yourselves in the love of God, waiting for the mercy of our Lord Jesus Christ that leads to eternal life. (Jude 1:21)

But I have trusted in your steadfast love; my heart shall rejoice in your salvation. (Psalm 13:5)

Your steadfast **love**, O Lord, extends to the heavens, your faithfulness to the clouds. (Psalm 36:5)

Patience

May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, (Colossians 1:11)

with all humility and gentleness, with patience, bearing with one another in love. (Ephesians 4:2)

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience. (Colossians 3:12)

Compassion

As a father shows compassion to his children, so the Lord shows compassion to those who fear him. (Psalm 103:13)

I will recount the steadfast love of the Lord, the praises of the Lord, according to all that the Lord has granted us, and the great goodness to the house of Israel that he has granted them according to his compassion, according to the abundance of his steadfast love. (Isaiah 63:7)

But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion. (Luke 10:33)

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience. (Colossians 3:12)

