

Could You be Dehydrated?

John 4:5-26

Dehydration is serious because if it is not recognized and it can lead to death.

Listen to this warning about drinks people think will protect them from dehydration. The web site Lifescript.com says, "Excessive intake of caffeinated drinks, such as coffee or soda, won't work to keep a body hydrated. Conversely, they may actually cause the body to lose more fluids, as they are diuretics.

The website goes on to help people recognize when they are getting dehydrated. "The signs and symptoms of dehydration often mimic that of general illness, so it's important to pay attention to early warning signs. Thirst, dry mouth, dizziness, headache and muscle weakness are common for mild to moderate dehydration. Extreme dehydration warrants immediate medical attention. Look for lack of sweating, little or no urination (or urine that is dark in color) and sunken eyes. The subject may be irritable, confused, have low blood pressure, a rapid heartbeat or fever.

Children, elderly people and even teens are at higher risk for dehydration because they may not realize their bodies are suffering from lack of fluids until the damage has already begun.

I think I need some water!

We meet a woman who needed the water of life more than the water of Jacob's well in chapter four of John's Gospel.

It was the sixth hour – noon. The sun was baking everything. Most people were in the shade, but there at the ancient well of Jacob, sat Jesus thirsty and tired. His disciples had gone into the town of Sychar to get some food, and maybe something to lower down into the well so they could quench their thirst.

Then a woman shows up alone at the well in the hottest part of the day with her empty water jar to fill it up at the well. Why didn't she wait until late afternoon when the sun wasn't so hot, and when other women came for water? Why didn't she come in the morning before the sun got right overhead?

She was avoiding the other women. She was thirsty not just for regular water, but for something to quench her thirst for peace in her heart. She was thirsty and dehydrated because she had been rejected and divorced by five husbands.

An unhappy marriage creates that thirst for peace in your heart. Five divorces – I don't know if she picked the wrong guys, or if she had never read Dr. Laura's book "The Care and Feeding of Husbands." The thirst in her heart for release from the guilt at failing, for someone to forgive her and love her must have been almost unbearable. So she moved in with another guy and was there at the well getting water for him and any extended family he had. She was dehydrated spiritually and here she was looking for a drink of physical water. She was headed for eternal death, eternal dehydration and she didn't recognize the water she needed was sitting at the side of the well not at the bottom.

Seated at the top of Jacob's well was that Water that -once she drank it- would quench her spiritual thirst forever! Seated at the top of Jacob's well was "Living Water." Long before her time, a Jewish prophet said that **God** is a fountain of living water. (Jer 17:13) Years later, Jesus' disciple John was lead by God to see in heaven "the river of the water of life, ... flowing from the throne of God and the Lamb (who, of course is Jesus)."

Yet all she saw was another of those people who would want nothing to do with a woman with a reputation like hers. All she saw was a man to whom it was taboo for her, a woman, to talk, and a Jew that she, a Samaritan, considered an enemy.

We also need the Water of Life more than we need physical water!

This week I heard a woman tell how guilty she felt as a mother after reading these words in the Wall Street Journal: "

"A lot of people wonder how Chinese parents raise such stereotypically successful kids. They wonder what these parents do to produce so many **math whizzes** and **music prodigies**, what it's like inside the family, and whether they could do it too. Well, I can tell them, because I've done it. Here are some things my daughters, Sophia and Louisa, were never allowed to do:

- attend a sleepover
- have a playdate
- be in a school play
- complain about not being in a school play
- watch TV or play computer games
- choose their own extracurricular activities
- get any grade less than an A
- not be the No. 1 student in every subject except gym and drama
- play any instrument other than the piano or violin
- not play the piano or violin.

From the book "Battle Hymn of the Tiger Mother" by Amy Chua

Mrs. Chua went on to say that American moms put too much emphasis on giving their kids self-esteem and too little emphasis on academics and music. She gives an example of not allowing her daughter to leave her piano until she mastered a difficult piece. She said American Moms think it is tough getting their child to practice the piano for an hour a day. Chinese mothers expect nothing less than 3 hours of practice a day! And she tells how her daughter couldn't get a difficult piece in the three hours, so she sat up all night demanding her daughter not leave her piano until she master that difficult piece. Finally her daughter mastered it and played it at a recital a week later. She chuckled to herself when another parent came up to her and said, "Your daughter is so talented to be able to play that difficult piece."

Women like Amy Chua make other parents feel like the Samaritan woman who failed at 5 marriages and was cohabiting with a sixth man. What parent can say, "I raised my kids perfectly!" I wouldn't want to get into a conversation about parenting with Amy Chua! She'd probably chew me up and spit me out like stale gum!

I wonder how much attention Amy Chua gave to teaching her children how much they need Jesus' love and forgiveness. I think she has her priorities wrong, nevertheless, she still exposes parenting flaws I'd rather not have exposed.

We don't want our faults to be seen openly by people here at church so we don't talk about neglecting our spouses or kids because of working too much. Like the Samaritan woman who came to the well at a time when she wouldn't have to see the critical looks and hear the biting comments of the other women, we keep quiet about our lustful, or self-centered thoughts. We steer our conversations away from revealing the mean things we have said about people, or the times when we were guilty of stretching or concealing the truth to make ourselves look good.

We may not have the guilt of five failed marriages, and one sinful cohabitation, but we all are skilled in hiding our faults even from God. – These are symptoms of spiritual dehydration we'd rather not pay attention to. We'd like to think we do less shameful things as we get older, but the truth is we forget what we don't want to remember about ourselves and our sins.

The truth is it's the hot part of the day and we are thirsty. The truth is Jesus is here. He is the spring of water that wells up to eternal life.

Jesus was like a river of life flowing to that parched Samaritan woman

The Sassy Samaritan woman thought she could get a good deal out of Jesus, so she said, "Sir, give me this water, so that I will not be thirsty or have to come here to draw water." V.15

Jesus tells her to, "Go, call your husband and come here." She could have tried to mislead Jesus by saying, "My husband is away." Why didn't she try to duck out of Jesus' reach as she did with the women of her town? – Maybe it was because he treated her with such genuine respect and interest. He broke the taboo of men not talking with women in public. He broke the hostility between Jews and Samaritans. He won her trust. He made her aware of her spiritual thirst, and his willingness to quench it.

She told him the truth. Then He told her the truth about all her failed marriages, and her present adultery.

She honored him by calling him a prophet and then through up the obstacle of the Samaritan's disagreement with the Jews over the right place to worship God.

Jesus knocked down the "we are different religions." obstacle by saying, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. The hour is now here when true worshipers will worship the Father in spirit and truth for the Father is seeking such people to worship him.

The woman picks up on Jesus' term "true worshipers." When the Messiah comes, in whom you Jews and we Samaritans both believe, then He will teach us what true

worship is. She thinks they will both have to wait until the Messiah comes to settle this matter of true religion.

Then Jesus says, “I who speak to you am he.” Jesus reveals more clearly than any other place in the Scriptures that He is God’s promised Messiah, or Christ –the one God chose to be the Savior of all people. Over and over again Jesus identified himself using the vague term “Son of Man.” Or telling his followers not to tell anyone who he was, but now to this six-time loser woman, Jesus reveals who he is. HE DIDN’T REVEAL HIMSELF TO THE RELIGIOUS BIG WIGS! He revealed himself to this poor guilt and shame ridden woman from Samaria. Jesus is not about making a name for himself. Jesus is all about loving and rescuing sinners! Jesus truly is the River of Life flowing to sinners with love and forgiveness to quench the power of sin and death, and Satan!

Jesus is still a river of life flowing to us who don’t deserve Him

Jesus went out of his way to give that woman and her whole town the water of Life! It doesn’t make any difference, through this word of Scripture, through a pastor’s announcement of forgiveness to all who like the Samaritan woman open up and tell him the truth about themselves as sinners, Jesus pours over them the waters of baptismal forgiveness.

We receive the gift of worshiping God the Father in spirit and truth. The Holy Spirit flows as the River of Life to us by means of Baptism, by means of Scripture, by means of Holy Communion. No one can say [trust] that Jesus is [their] Lord except by the flowing over them of the Holy Spirit.

Jesus said, “I am the truth.” No one can know the truth about God, and about themselves until they know how much Jesus loves and forgives and favors them. And we don’t learn that by firing up our emotions, and our spirits with emotional music, and emotional passionate preachers. No! Just as Jesus like a mighty river flowed around all the obstacles of her sins and her cultural taboos to bring living water to that dehydrated Samaritan woman, From his blood stained cross, He brings you to love and trust in His Father, His Holy Spirit, and Himself. ---- Ah – that’s true worship!