



THE LIVING WATER

December 14, 2025 | *Exodus 17:1-6; John 4:1-14; 7:37-39*

Water From the Rock

Two days ago, we reviewed Israel's exodus from Egypt and how God provided bread from heaven (manna) for His people. There is a similar story in *Exodus 17*, except this time it had to do with water.

"The congregation of the sons of Israel journeyed by stages from the wilderness of Sin, according to the command of the Lord, and camped at Rephidim, and there was no water for the people to drink. Therefore, the people quarreled with Moses and said, 'Give us water, that we may drink... Why, now, have you brought us up from Egypt, to kill us with thirst?'"

The story continues, "So, Moses cried out to the Lord, saying, 'What shall I do with this people? A little more and they will stone me.' Then the Lord said to Moses, 'Pass before the people... and take in your hand the staff with which you struck the Nile and go. Behold, I will stand before you there on the rock of Horeb, and you shall strike the rock, and water will come out of it, that the people may drink.' And Moses did so..." *Exodus 17:1-6*

The Water of Life

In 1513, the Spanish explorer Ponce de Leon searched for a restorative spring that turned old men into boys. We refer to it as "the Fountain of Youth." Such legends existed in other cultures as well, but neither Ponce de Leon nor anyone else ever discovered an earthly source of eternal life.

The only person to offer the Water of Life was Jesus. He said, "He who believes in Me will never thirst" (*Jn. 6:35*). What did He mean by that? To understand His words, we must turn to a conversation He had in a place called Samaria.

In *John 4*, Jesus and His disciples were traveling from Judea (in the south) to Galilee (in the north), and they had to pass through Samaria (in the middle). Jesus was tired and decided to sit by a well, while the disciples went into town for food (v.6). That's when a woman came to draw water, and she met and talked with Jesus.

“Jesus said to her, ‘Give Me a drink...’ The woman said, ‘How is it that You, being a Jew, ask me for a drink, since I am a Samaritan woman?’ (Jews despised and avoided the Samaritans.) Jesus said, ‘If you knew who it is who says to you, “Give Me a drink,” you would have asked Him, and He would have given you living water.’”

“She replied, ‘Sir, You have nothing to draw with, and the well is deep. Where then do You get that living water?’”

“Jesus answered and said, ‘Everyone who drinks of this water (from the well) will thirst again; but whoever drinks of the water that I will give him shall never thirst. The water I will give him will become in him a well of water springing up to eternal life.’” *John 4:1-14*

Although the woman misunderstood Jesus and mistakenly believed that He was going to save her time and effort going to the well, He was speaking metaphorically about spiritual life — salvation. Later in the conversation, she discovers that Jesus is the Promised One, the Messiah (v.26).

Another time, Jesus was teaching, when He said, “If anyone is thirsty, let him come to Me and drink. He who believes in Me, as the Scripture said, ‘From his innermost being will flow rivers of living water’” (*Jn. 7:37-38*).

Jesus was talking about the Holy Spirit who indwells Christ-followers after salvation (v.39). Salvation is a gift of God the Father, by faith in His Son Jesus Christ, which results in the indwelling, everlasting “fountain of life,” the Holy Spirit.

But what did He mean by saying, “As the Scripture said”? Did the Old Testament foretell of this living water? Yes. Here are a few examples.

“In that day, a *fountain* will be opened for the house of David and for the inhabitants of Jerusalem, for sin and for impurity.” *Zechariah 13:1*

“For I will pour out *water* on the thirsty land and streams on the dry ground; and I will pour out My Spirit on your offspring...” *Isaiah 44:3*

“Everyone who thirsts, come to the *waters*...” *Isaiah 55:1*

“Behold, God is my salvation. I will trust and not be afraid. For the Lord God is my strength and song, and He has become my salvation. Therefore, you will joyously draw *water* from the springs of salvation.” *Isaiah 12:2-3*

In *Jeremiah 2*, the Lord said that His people had “forsaken Him, the fountain of *living waters*, to hew for themselves broken cisterns that can hold no water” (v.13). Clearly, Scripture foretold

of a fountain of salvation, just as Jesus said. That fountain of living water was (and is) Him.

But what does any of this have to do with Moses and the Israelites during the exodus? Look carefully at what God said to Moses, “Behold, I will stand before you there on the rock, and you shall strike the rock, and water will come out of it, that the people may drink” (*Ex. 17:6*).

Many times in Scripture, the Lord is called the Rock (*Deut. 32:15, 18, 30-31*). When He told Moses that He would stand before Him on the rock, He was the Rock in that moment. When Moses struck the rock, he was, in essence, striking the Lord, and out of Him (the Rock) came the water.

This event, of course, foreshadowed what took place on the cross. Jesus, God in the flesh, was struck by the hand of sinful men. He took the blow of God’s wrath, the penalty for our sin. As a result, His death gave us life. The living water of our salvation came out of the Rock!

One day in heaven we will see the Living Water, “for the Lamb will guide us to springs of the water of life...” (*Rev. 7:17*). He will say, “I will give to the one who thirsts from the springs of the water of life without cost” (*Rev. 21:6; 22:1, 17*). We’ll drink from the river of life for eternity.

What Child is this in the manger? He is the Living Water, and anyone who comes to Him will never thirst again!

Ponder and Pray

Re-read *Jeremiah 2:13* and apply his words to people today. Now, read *Psalms 42:1*. Are these words true for you?

Thank God for the living water of Jesus. Because of Him, the Water of Life, you will never thirst again.

**Have you missed some days?
Click [here](#) to access previously emailed devotions.**

The reading plan and devotions were developed by Aaron Ferguson, one of our Elders and author of the *Study Guide and Daily Reflections for the One Year Chronological Reading of the Bible and the New Testament*. For more details, visit his website at BiAY.org.

